

December 2014

EXCLUSIVE
TAYLOR SWIFT

on friends,
feminism &
shaking off
the haters

PLUS

Jennifer Lawrence
Liam Hemsworth
Tavi Gevinson
Ariana Grande

CLEO REPORT

**IS IT THE END OF
TINDER?**

BEYOND THE PILL

The new wave
of birth control

8 WAYS
**TO BE A SEX
SUPERHERO
TONIGHT!**

**YOU COULD BE A
MILLIONAIRE
IN 5 YEARS**
(seriously)

**HOLIDAY-PROOF
RELATIONSHIPS**

Escape the Xmas
break-up curse

PARTY PERFECT

**THE BEST DRESSES, MAKE-UP AND HAIR TIPS
AND TRICKS FOR YOU TO SHINE THIS SEASON**



A
BIKINI
KINDA
Life

 **BILLABONG**
STARDUST BIKINI





M A Y B E

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NIGEL STANISLAUS MAYBELLINE MAKEUP DIRECTOR

- 1: Apply Big Eyes Shadow.** Use the primer from the brow bone to under the eye. Use the darker shade for your lids.
- 2: Use Big Eyes Liner** in white along the inner edge of the lower eye. Apply the black liner along upper and lower lash line to define the eyes.
- 3: Finish with Big Eyes Mascara** to volumise your lashes. Use the upper lash brush for maximum volume and the lower lash brush to magnify every last lash.

Watch the full Big Eyes how-to video with Nigel at our mascara studio:

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L L I N E
N E W Y O R K

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DRINK RESPONSIBLY





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WE'VE CHANGED. We all agree the world's had a tough 2014, so this December we are becoming "General Peace Co.". We have teamed up with 9 of your favourite brands to create the limited edition #GivePeace tee collection. 100% of the proceeds of the tees will be going to Save the Children Australia and The Salvation Army's Oasis Youth Support Network to help continue their incredible work both here and abroad.

So join us, buy a tee and spread the message of Peace this Christmas.



VANS



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NEUW



RVCA



tsuppi



tsuppi



PEACE



ZANEROBE



PEACE



GENERALPANTS.COM.AU/PEACE

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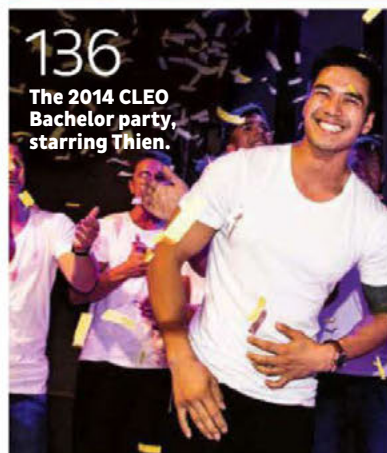
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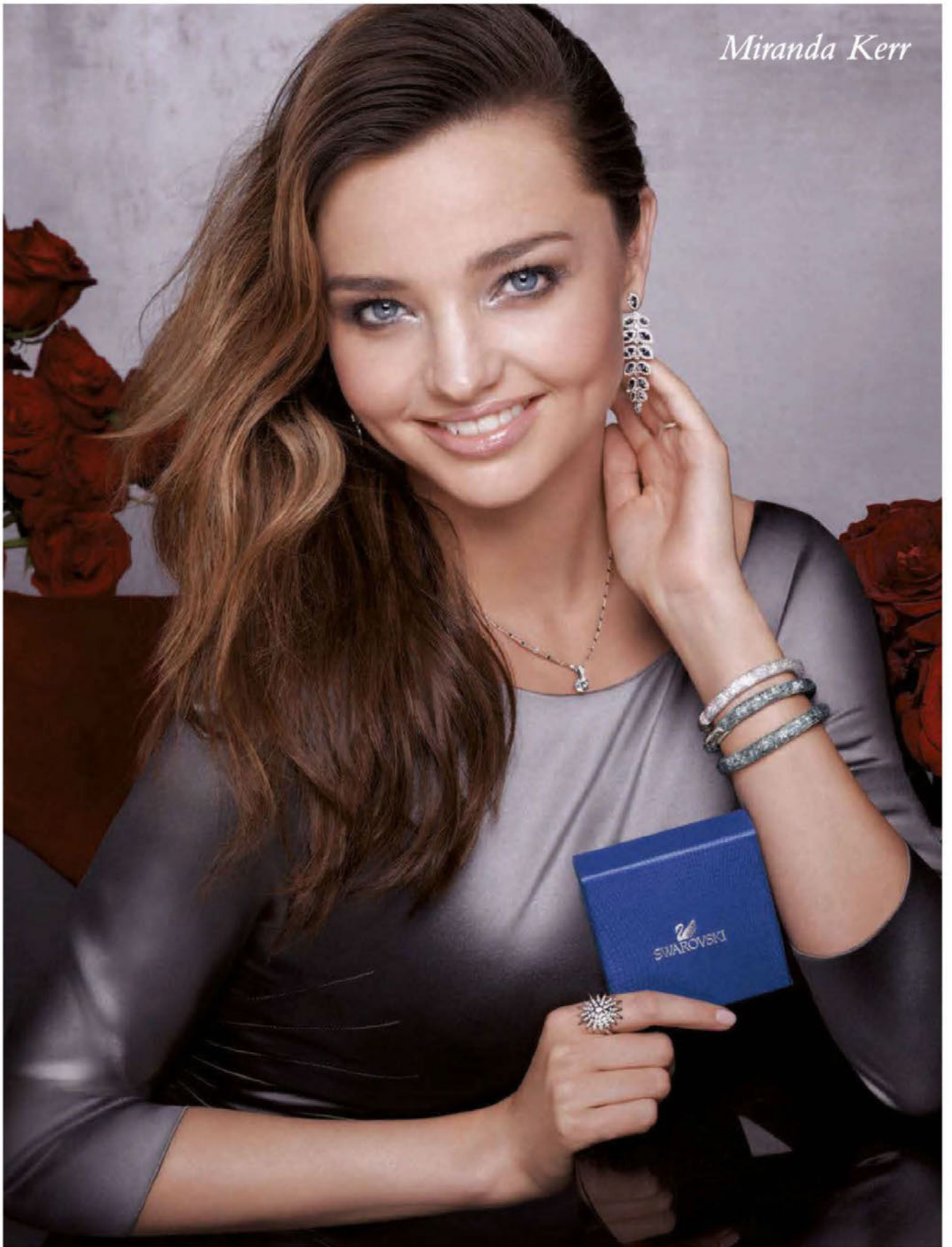
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Download the free **viewa** app from the App Store or Google Play and scan your phone or tablet for bonus content.

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Miranda Kerr



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SWAROVSKI

ED'S LETTER



Something has happened in the past few months. Something big... and something that *Saturday Night Live* (SNL) has already produced a comedy sketch about (Google "Swiftamine"). And we're loving every minute.

Yes, it's true; the world has started to love Taylor Swift. Sure, we've loved her for years and had her songs on repeat, indefinitely. But now... now, you'll see grown men singing her songs under their breath. You'll see previous Taylor-haters downloading her latest album and posting about it on Facebook. And you'll see anti-Swifters being sad and indignant when listening to "I Knew You Were Trouble"...

Suddenly, Taylor is hot property. This isn't anything new to us, mind you. For example, on any given deadline day, we'll have 22 playing loudly in our art department. And while there isn't quite dancing in the aisles or jazz bands, there is definitely dancing in our seats and a whole lotta chorus singing.

And it's not just the music we love, Taylor isn't afraid to say what she thinks, or write about her experiences. If *Shake it Off* is anything to go by, she doesn't actually care if the world likes her or not. Which, for a 24-year-old who lives in the public eye, is pretty amazing, and something everyone, no matter what age or circumstance, can learn from. So who better to head up our issue than the woman of the moment?

This month we also take you inside our CLEO Bachelor of the Year party, which – thanks to Renault and The Body Shop – was a rager! There were Bachelors, bachelorettes, beer pong, cocktails and a whole lot of amazing tunes. Turn to page 136 to find out what really went down. Kudos to features writer Nat, who beat everyone at beer pong! Now we can start searching again for the next CLEO Bachelor Of The Year – know anyone?

Lucy E. Cousins
Editor in chief
Follow me on
[@lucyecousins](#)

PEACE & CO.

This Christmas, General Pants Co. will be renaming their stores to General Peace Co. to help spread the message of peace to the world. And they have created a great 'Give Peace' t-shirt range. Each one is \$39.95 and 100 per cent of proceeds from the 'Give Peace' range will be donated to Save the Children Australia and Oasis Youth Support. So you can feel good about your purchase and look cool in one easy move!



WIN A NEW WARDROBE!

To celebrate the launch of the new Nicole x Missguided range, we are giving one lucky reader the chance to win \$200 worth of amazing items from the limited collection designed by Nicole Scherzinger herself. To enter, just email us at missguidedcomp@bauer-media.com.au and tell us in 25 words or less what Nicole x Missguided items need to be in your wardrobe this festive season and why.

MORE THAN WORDS

This year, I've decided to use my present giving as a chance to support creative Aussie entrepreneurs. And I'm going to start with these three young women and the gorgeous prints they produce!

WHO: Farrah Stone
FIND HER AT:
[farrahstone.bigcartel.com](#)



WHO: Ellen Powell
FIND HER AT:
[blushingconfetti.com](#)



WHO: Kylie Jackson
FIND HER AT:
[wallfry.com](#)



OVERHEARD AT THE CLEO BACHELOR PARTY

(Yes, these are actual quotes. Don't ask.)

"It's not every day I get to see this many abs."

"Put some pants on and get out of my face."

"I rock at beer pong. ROCK."

"Um... excuse me, but we really need to get our photo taken."

"I'm not cranky at you. I just want you to be quiet."

"Is Melbourne in Victoria? Because I thought Melbourne was just Melbourne."



EAU DE GAGA

FOR THE ADVENTUROUS WOMAN AND THE MAN WHO LOVES HER

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[Facebook.com/HausLaboratories](https://www.facebook.com/HausLaboratories)

cleo

Editor-in-chief Lucy E. Cousins
Deputy editor Lisa O'Brien
Managing editor Rosie Squires

FEATURES

Features editor Jessica Bailey
Features writer (Health/fitness) Rikki Hodge
Features writer (Entertainment) Natalie Babic
Features writer (Lifestyle) Danielle Pinkus
Online editor Edwina Carr
Digital content manager Liz Tse

ART

Creative director Liliana Trinca
Art director Gretchen Walker
Senior designer Jessica Moses
Junior designer Lucy Douglas
Art intern Jessica Atanasovska
Picture researcher Jemima Richards

COPY AND PRODUCTION

Chief sub-editor Lynda Gladwin
Deputy chief sub-editor Ellie McDonald
Sub-editor Jacqui King
Editorial coordinator Matthew Galea
Enquiries: (02) 9282 8437

FASHION AND BEAUTY

Fashion editor Alissa Thomas
Market editor Nikki Lowe
Fashion assistant Emily Gibb
Fashion office assistant Maggie Neil
Beauty director Sarah Brooks-Wilson
Beauty editor Gyan Yankovich
Beauty assistant Bree Grant

Contributors Sam Bailey, Brooke Bickmore, Yasmin Boland, Naomi Chrisoulakis, Paula Goodyer, Phoebe Hooke, Jessica Martin, Meg Mason, Trudie McConnochie, Anna McLeod, Star Noble, Claire Obeid, Caitlin Reid, Tom Steinfort
Work experience Carina-Lauren Chong, Carissa Dragatogiannis, Ella Gardiner

Editorial interns Serena Coady, Samantha Stewart
Fashion interns Natalia Cuka, Katalina Hickson, Ebony Jones

ADVERTISING

Group brand manager Mark Driscoll
Brand manager Jessica Lay
Brand executive Uzziel Nidua
Sales director NSW Joanne Clasby
Sales director Vic Andrea Salmon
Advertising sales Vic (03) 9823 6333
Sales director Qld Rebecca Lawrie (07) 3101 6630
WA sales manager Vikki Stacy (08) 9449 9908
Business manager SA Marissa Fitzsimmons (08) 8267 5032

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Chief executive officer Matthew Stanton
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women's magazines and custom publishing Deborah Thomas
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INTERNATIONAL VOLUNTEER DAY – FRIDAY, DECEMBER 5

Today is your chance to help out at a local charity. It's seriously easy, all you have to do is give a little time to make a big difference. If you're more furry inclined, there are a number of organisations out there that would really appreciate your help. To save the Tasmanian Devils, check out tassiedevil.com.au; for international volunteering projects to protect animals, click on gviaustralia.com.au or if you're short on time, support them by buying 2015 calendars. Our favourite is from wires.org.au, \$19.

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trends

All the things we're **double-tapping** this month.

TEENY TINY TOTES

They may only fit your phone and credit card, but baby-size bags have been popping up among the street-style set like crazy. Why not get in on the action with these cute mini delights? It's just the perfect excuse to travel light.



2



1 \$290, Deadly Ponies. 2 \$79.95, Zara.
3 \$40, River Island.



SPRING/SUMMER 2015 AT
NEW YORK FASHION WEEK



CULTURE SHOCK

From Brazilian dancing to fashion icons, here's our social calendar for this month.

THRILLER HITS WEST END...

West End, Australia, that is. The Michael Jackson album that's as famous for its epic sales as it is for the (killer) dance moves it inspired, is hitting the stage at Crown Perth Theatre this month. After six years in London's West End, the production is a two-hour homage to Jackson's 45 years of hits, so you may need to brush up on those moves. Here's the best YouTube videos for learning how to dance like MJ. Search for:



"Thriller Dance"

Free Instructional Video by Funkmode.

"Moonwalk Billie Jean"

How to Dance like Michael Jackson by Corey Vidal.

"Smooth Criminal"

How to Do MJ Dancing by Howcast.

December 10-21, at premier.ticketek.com.au.



Impersonators have been perfecting their Thriller moves for years.

Vibrant print dress by Christian Lacroix.



Paco Rabanne's sheer strength.



Comme des Garçons and Valentino puff up.



Pleated dress by Alber Elbaz for Lanvin.



HAUTE SEASON

Fashion tribe, gather here. The Art Gallery of South Australia is show-ponying more than 100 stunning haute couture garments by some of the world's best designers in their new exhibition, Fashion Icons. Featuring incredible pieces from the collection of the Musée des Arts Décoratifs in Paris, it'll be a walk down the cobblestone lanes of Parisian style, including a nod to fashion game-changer Christian Dior and his 1947 relaunch of haute couture, New Look. Who needs front row at Fashion Week? Just get your chic hit right here. Check out artgallery.sa.gov.au for more details on the show, which runs from now until February 15, 2015.

NIGHTS WATCH



Maltesers Moonlight Cinema is touring the country again, so grab the crew and pack your snacks, blankets and have your X-Pro II filter at the ready. Nothing says 'smug summer Insta post' like the vintage novelty of an open-air cinema on a balmy night! We asked Gemma Axford, Moonlight Cinema's national marketing manager, how to make the most of a night at the movies.

What's the best way to prepare for the ultimate outdoor cinema experience? "Moonlight Cinema is the perfect opportunity to break out your picnic hamper and bring your

own favourite goodies to personalise your experience. A bottle of wine, chips and dip are a must! If you're making a quick dash from the office, don't worry - we have our new LA-style food trucks and licensed bars on hand to provide a variety of snacks."

What movies are running that we should be dressing up for?

"The Grease Sing-A-Long is the perfect night to bring out your '50s skirt and leather jacket. And on Doggie Nights, you can bring your pups on a leash to enjoy a movie."

What's set to be the highlight of this year's Moonlight Cinema?

"The film line-up will have more advance screenings than ever before, including *Dumb And Dumber To*, *Into The Woods* and *Fifty Shades Of Grey*. A Gold Grass ticket is the most relaxing way to enjoy Moonlight on your very own reserved bean bed!"

Head to moonlight.com.au for films showing in Adelaide, Brisbane, Melbourne, Perth, Port Douglas and Sydney.



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Madonna in
Jean Paul Gaultier.



Audrey Hepburn
in Christian Dior.



Chanel's A/W14
supermarket show.

Our all-time favourite Parisian fashion moments:

* When Madonna walked the Paris Fashion Week runway for Jean Paul Gaultier, sans bra. Sure, we might yawn a bit now, but daring to bare was quite a big deal in 1992!

* Audrey Hepburn in classic 1954 flick *Sabrina*. After being shipped to Paris to become a lady, Sabrina returns home totally chic and sophisticated.

* Chanel's supermarket runway for the A/W14 show.

BRAZILIAN BEATS



CLEO TIP:

Be ready to shake it – aisle dancing at the Opera House is expected.

Brazil is hot, Brazilians are hotter and no-one burns up a dance floor quite like them. Coming off the fantastic success of their Balé de Rua tour, Brazilian dance troupe Baila Brazil is hitting Sydney with a mix of African dance, hip-hop, samba and capoeira. The 18 dancers will transport you from the Opera House to the streets of São Paulo, with the only customs request being that you come prepared for a night of sweat, soul and really fancy footwork. **Showing January 8-19, tickets from \$75 at sydneyoperahouse.com.**



WHALE TALES



Want to look a sea giant right in the eye? Well, you can, and you don't even have to get your hair wet. Bryant Austin lets you into the secret life of whales in his photo exhibition, *Beautiful Whale*, at the Australian National Maritime Museum. Austin spent months waiting in the waters off Tonga, Dominica and the Great Barrier Reef while whales approached two metres from his camera. It inspired us to find the best wildlife photography blogs for you to check out:

dannygreenphotography.com He somehow makes bird-watching cool. Just trust us and have a look.
marinacano.com Acclaimed as one of the top wildlife photographers in the world. Our pick: the giraffe in her gallery. You'll see what we mean.
flickr.com/photos/nancyanddwayne Nancy Rose got squirrels to do miniature human activities, and it's just adorable to see a collection as insightful as this.
Showing until February 1, tickets \$15 at anmm.gov.au.



WHERE TO BE NYE 2014

1 Harbour Party at Luna Park **Sydney**. This spot arguably has the best view of the city's world-famous NYE firework display. Get more details at harbourparty.com.au. **Ticket prices start at \$119 from premier.ticketek.com.au.**

2 Young & Jackson Hotel in **Melbourne** (offering tickets for VIP entry, five-course degustation and full table service). **Tickets are \$25-\$160 at youngandjacksons.com.au.**

3 Old Hollywood NYE at The George in **Perth**. Just style yourself like a silver-screen starlet and go into the draw for best dressed prizes. **Book tickets from \$145 at thegeorgeperth.com.au.**

IF YOU ONLY DO THREE THINGS

THIS MONTH...

1. Buy an Australian Women's Health Diary to help women with breast cancer. Pick yourself up a copy from the Breast Cancer Institute of Australia at bcia.org.au.

2. Enjoy some holiday cheer – no matter what or how you celebrate, make sure it involves friends, family and some well-deserved chill time in the summer sun!

3. Give a little cash, time or goods to a Christmas appeal of your choice and spread some goodwill to others in their time of need.



FASHION WRAP

From runway to your way, here's what's happening in the style sphere this month.



RED ALERT

Hot off the international runway and red carpets, CLEO's been seeing red from top to toe in the most sizzling ensembles we have laid eyes on in a long time. Expand your bold ruby repertoire from classic nail polish and lipstick to complete outfits, so you'll look scorching when dressing up for hot summer nights.



1 Bustier, \$660, Dyspnea. 2 Pants, \$59.95, Zara. 3 Dress, \$399.99, Thurley. 4 Heels, \$159.95, Tony Bianco @ Styletread.



WATERMELON FOR PRESIDENT

Beyoncé sings it, we wear it. Simple.

1 Top, \$15.99, Ally Fashion.
2 Bikini top, \$215 (set), We Are Handsome.



LIGHT LAYERS

It's too hot in the summer for long sleeves and tight jackets, so that's why we're introducing you to the season's lightweight, sleeveless trench. While still equipped with the practicality of easy pockets, waist tie and collars suitable for business casual, these lighter layers are going to become your best friend in the warmer weather.

PLAY THE BLUES

Oversized, painterly blue florals are this season's most romantic summer prints. You'll feel every part the Van Gogh muse in one of these watercolour beauties.

1 Top, \$119, MLM. 2 Skirt, \$169, MLM.
3 Skirt, \$89, Black By Geng.



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THE NEW KAFTAN

This year's bohemian beach style is all about the kimono. In retro prints and pretty florals, wear it over your swimwear during the day and wrap with an obi belt for night. Easy.



- 1 \$99.95, Wrangler.
2 \$30, Boohoo.
3 \$79.95, MinkPink.

DESIGNER DEALS

If you're not already familiar with them, The Walart are responsible for their self-proclaimed 'Earth's favourite wallet' and love a good collaboration. This summer, Aussie labels Emma Mulholland and N.L.P. have teamed up with the brand to lend their cool designs to the feel-good vegan, recyclable, splash, stain and ultra tear-resistant wallets. And there's definitely no room for guilt with all of their fun, witty designs, which also cost less than \$20, so you can buy up big for relatives you're not sure what to get for Christmas this year – and yourself.



- 1 Bifold wallet, \$17.10, Emma Mulholland x The Walart.
2 Card wallet, \$17.10, N.L.P. x The Walart.

NEOPRENE DREAMS

Just when you thought you'd seen it all in neoprene swimwear incarnations, British brand Neon Wetsuits comes along and throws a spanner in the works. Every piece is handmade to order by surfer/designer Elsie Pinniger and completely customisable by colour and design. It kind of leaves us conceding that maybe the Brits really can beat us at our own game (and no, we're not talking The Ashes).

Wetsuit, \$175, Neon Wetsuits.



FULL CIRCLE



Australian start-up label The Beach People has created our new summer obsession, the 'Roundie' towel. After the first range sold like hot cakes, their latest designs take diverse inspiration from Morocco to traditional Aboriginal artwork. This 'Majorelle' design has us wanting to lay diagonally across it with all of our stuff spread around us, as things really should be at the beach on a hot day.

Towel, \$99, The Beach People.

HALT RIGHT THERE

Love them or hate them, halterneck tops are back for summer. Fortunately, this style is less Kylie Minogue's "Spinning Around" and more simple-bohemian. The best part? Bringing your sexy back.



- 1 Top, \$89, May.
2 Top, \$79.95, Misha Collection.



The top button of Jennifer Lawrence's blue silk shirt is undone. Although, the gaffe-prone actress is oblivious to the, err, eyeful I'm copping as we exchange pleasantries ("I'm a Leo, too!" she explains when I tell her it's my birthday, and she declares that we have got the best star sign. "That is such a Leo thing to say but it's the f**king truth," she adds). So, do I point out the wardrobe malfunction and embarrass one of the world's most famous women, or leave it be and feel like a total creep?

But I've completely underestimated her. I attempt to make a gesture at my own top and try to tell Jen with my eyes that I'm getting a view of her lacy white bra. She cottons on and glances down. "So, that's cool," she says to me, rolling her eyes and then dragging the shirt to one side to expose even more of her chest. Embarrassed? Hardly. "I was doing that the whole time, so he [the journalist who interviewed Jen before I did] totally saw my tits," she says, laughing. "You know when you do the mirror test and you're standing up? And then you sit down and huh, your tits just come out!"

But I'm not the first journalist who's tried to get to know Jennifer Lawrence. Since she burst onto the scene in the 2010 film *Winter's Bone* and scored an Oscar nomination for it (remember that bangin' red Calvin Klein dress?) and then stole the world's collective heart with her filter-free opinions, we've all been dying to know more about her. And I got my chance to do just that...

JENNIFER LAWRENCE:

GAME CHANGER

She acts, she swears – and now she flashes journalists. This is exactly what **Naomi Chrisoulakis** discovered on the eve of Jennifer Lawrence's new *Hunger Games* film, when the actress opened up to her about being called "fat" as well as what life's like as one of Hollywood's hottest stars.



■ A changed existence

Despite stepping out onto the celebrity scene following the success of *Winter's Bone*, it was her role as the tough-but-tender Katniss Everdeen that really took this 24-year-old's career to new heights. Talking to her about it, you get the sense she's torn between feeling grateful, and pained by the fame. When I ask her what the weirdest thing about being famous is, her grey-green eyes flicker. "Tiny normalcies you don't notice get taken away. Somebody asked me what my name was the other day. He was like, 'What was your name again? I'm sorry, I didn't catch it,'" she says, flashing that dimpled grin she's also renowned for. "Jennifer!" It just lit me up and it felt so good," the actress reveals.

Jen says it wouldn't be so bad to go back to being anonymous. "I would love to go back a few years when there was no feeling that came with walking out the door and unlocking my car," she says. Suddenly, being famous doesn't sound all that great. How does Jen deal with it? "Every job has a downside, but I love what I do so much that whatever comes from that was meant to be. That's what I tell myself when I have panic attacks," Jen laughs. "I'm kidding! Don't write that. Oh my God!" (Sorry, Jen.)

There are also times when – even among her closest friends and family – she feels like she's under siege. "I don't think of myself any differently and I just want to tell people everything. And then all of a sudden..." she starts stammering as she speaks to me. "Somebody's, like,

I kind of came in with such a force. Of all the things I would have told myself when I was younger like, 'Keep trying, you're going to make it,' I knew already!

called somebody and said something and it's... complicated to try to find your footing. When you get certain phone calls, that can leave you paranoid about everybody in your life. My friends, my family, everybody – it's like, 'Is it you?'"

■ Being a role model

Growing up in a working-class family with her two older brothers in Louisville, Kentucky in the US, Jen admits she was "a weirdo" with an odd sense of humour. Acting became her unofficial therapy (although she had plenty of the official kind for anxiety problems, as well) and the now-household name says she was determined to make it from the start.

When I question her about what she would tell eight-year-old Jennifer, the star is stumped. "I kind of came in with such a force, it was just kind of like, BLAH!" she yells, hands flying. "So, all of the things that I would have told myself



"Katniss is growing and changing with every movie," says Jen.

Shooting for the strong female role again in the new *Hunger Games* flick, Jen says, "I think it's an important story about how valuable and powerful just one voice can be."



like, 'Keep trying, you're going to make it,' I knew already! I just had no doubts in my mind. I don't know of a teenager who's just like, 'No, I will not fail. I just won't.' So I wouldn't be able to say that or even, 'When people tell you to lose weight don't let it get you down, just keep eating' I did that anyway." I hope people don't still tell you to lose weight, I tell her. "Me too, because they will get a knuckle sandwich!" she says.

It's this kind of tough-cookie talk, along with the well-rounded female roles that she's played, which has made her a poster girl for female empowerment. But Jen's not so sure that it's deliberate. "I think it's because interesting stories follow strong, powerful people; so that means anything I am drawn to would naturally be along those lines," she says.

So does Jen think of herself as a feminist? "No. I mean, I don't know," she laughs. Then she asks, "Well, what exactly does that mean?" Equality between the sexes, I explain. She replies: "I thought that meant more equality for women."

■ Laughing at herself

And don't think for one second that this star is one to Google herself. Hell, Jen doesn't even like to use social media. "I don't know my reputation well enough to know what people are saying, but if it is bad, it is not true. If it is good? It is totally true, believe it," she chuckles.

But Jen is well aware that she is smack-bang in the centre of pop culture, and yes, she's watched the hilarious J-Law GIFs. "It's fine for you guys to laugh at but it wasn't funny for me!" she says, smiling. "There was a good one when I fell at the Oscars. I tripped over a cone. My friend was walking and I just grabbed her. She had this piece in her hair and the first thing I do, I just," she pauses, arms flailing. "Just rip it out! We watched *that* because it was funny." I ask her who her fantasy BFF is. "Melissa McCarthy," she says, without pausing. "Put my number down for a personal ad: Seeking Friend."

Now, how can I answer that ad? 🐼

***The Hunger Games: Mockingjay – Part 1* is in cinemas now.**

RUNNING A STYLE MILE WITH JEN



2011: Showing off her curves in Calvin Klein.



2012: Rocking Christian Dior.



2013: We fell head over heels for this Christian Dior look.



2014: A pixie crop and yet another Christian Dior.

CELEBRITY FASHION REPORT

From film festivals to premieres, the who's who of style-makers really love nothing more than hitting the red carpet. But did they get it right? Our panel gives its honest verdict...



ANNA HEINRICH is a lawyer and winner of *The Bachelor Australia* (2013). She has since been killing it on the red carpet nationwide.



FITZY AND WIPPA host the weekday breakfast show on Sydney's Nova 96.9 and are total style gurus... Yep, really. Just ask them.



ALISSA THOMAS is CLEO's fashion editor, a style commentator on Channel 9 and looks at beautiful clothes every day.



KELLY OSBOURNE

"Kelly simply oozes sophistication in this Alex Perry dress. She effortlessly fuses her rock and roll origins with an old-school Hollywood style. Super cute and very likeable... welcome to Sydney, Kelly!" [Anna]



MARION COTILLARD

"This is doing absolutely nothing for me. This embroidered velvet cape over shorts, honestly, what was she thinking? Sorry Marion, it's a big 'no' from me." [Anna]



NAOMI WATTS

"Naomi looks enviably fit in this stunning, if slightly safe, Jason Wu dress. It's classic and beautiful, but I think a pair of open-toe heels would have been a sexier option over metallic Louboutin pumps." [Alissa]



KEIRA KNIGHTLEY

"Our one major concern with wearing gold to an awards show is being confused with the actual award. At least this improves your chances of someone taking you home." [Fitzy and Wippa]



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LEA MICHELE

"Yes, yes and more yes! This dress just screams yes. Lea looks like a total knockout in this chic, form-fitting teal dress. She has definitely stepped up her game with this glamorous look... it's absolutely exquisite." [Anna]

**HILARY SWANK**

"I'm loving the sexy midriff trend this season, and I love Hilary, but this look is a tad too far towards bikini-paired-with-a-ballgown-skirt for my liking. Shoulder straps or a cap sleeve would have really helped this look better." [Alissa]

**LILY COLLINS**

"Wow, talk about looking red hot! Collins is very seriously smoking in this bold and sleek old-Hollywood gown. She just keeps on sizzling and looks more incredible each and every time we see her at events." [Anna]

CHEYENNE TOZZI

"Cheyenne looks flaming hot. The cropped trouser suit! That sleek and shimmering black fabric! And those classic black pumps! She's chic and cool, yet again!" [Alissa]



25

IGGY AZALEA

"Terri Irwin won't be very happy that Iggy has been going through her bins for hand-me-downs. It looks like she then put Terri's khakis in the wash with a pair of red socks." [Fitzy and Wippa]

**DAKOTA FANNING**

"A quick thanks to Dakota – we sold this look to the local carwash a little while ago. We hope she can also give the car a wax and polish the rims. She is a little too pale for such a bright colour, but points for trying." [Fitzy and Wippa]

**EMMA ROBERTS**

"Not another leg! Girls, we know they're under there. Doing this will always have you compared to Angelina Jolie. It's not our favourite look, but perhaps she's just hoping to grab Brad Pitt's attention." [Fitzy and Wippa]



FESTIVAL FRESH

With the music side of things catered for, these bad boys will help you look as amazing as you feel. Rock on!

Sunglasses,
\$279, Triwa.



Earrings,
\$24.95, Zalora
@ The Iconic.



Hat, \$240,
Zulu and Zephyr.



Vest, \$89.95, Fleur Wood
for Miss Shop.



Shorts, \$130, Bec & Bridge.



Top, \$69.95, Fleur Wood for Miss Shop.



Necklaces,
\$65 (for set of 3),
Topshop.



Jumpsuit, \$180,
Bec & Bridge.



Skirt, \$260, Aje.



Boots, \$198,
Free People.



Clutch, \$59.95, Adorne.



YOUR BACKSTAGE PASS

Miss Shop

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INTERVIEW

FOR THE LOVE OF

LIAM

With his quiet demeanour, CLEO sat down with the youngest Hemsworth – arguably Australia's hottest export right now – to talk fame, family and Tim Tams.

“Well, I just miss the simplicity of it all,” Liam Hemsworth says shyly, running a hand along his tanned forearms, navy blue shirt sleeves pushed up to his elbows. We’re sitting in a plush Beverly Hills hotel and the boy from the bush is reminiscing about his days of growing up on Phillip Island, a spot near Melbourne he moved to with his parents and his two older brothers when he was 13. He looks up, his aqua eyes wistful. “Small town, no traffic lights... I miss that kind of lifestyle.” He smiles. “The ability to wake up and go surfing at any time. Being just a little bit disconnected from the rest of the world.” Even though 24-year-old Hemsworth is one of Hollywood’s hottest actors – or maybe because of it – it’s easy to see why he might miss island life these days.

THE SIMPLE LIFE

After dropping out of high school and working odd jobs around Phillip Island – he was once a park ranger protecting fairy penguins – he tried his hand at the acting game. With just a few episodes of *Neighbours* and some low-budget films under his belt, he followed big brother Chris to LA and landed a starring role in the 2010 film *The Last Song*, opposite Miley Cyrus. Just like that he became Hollywood’s newest leading man and, when he and young Cyrus got together off screen, a prime gossip target. And all that was even before he scored the huge career-changing role of Gale in *The Hunger Games* franchise and entered a whole new level of fame. Suddenly, tiny Phillip Island seemed a long way away, he tells CLEO. “We grew up surfing, that’s why we can laugh,” he says with a cheeky grin. “This business is ridiculous.”

Never more so, he says, than when he’s being called a sex symbol. “If you sit there and think about it all day long, it’ll probably make you go crazy,” he says, pulling a face that makes it quite clear he really doesn’t consider himself anything of the sort. “But my life is pretty normal.

The only time it gets really crazy is on a press tour. That’s when you really feel the adrenalin roller coaster. Turning up to different cities around the world and experiencing this kind of...,” he pauses and gestures with his big hands, “energy from people. But I don’t live that life. It’s not at all like I go everywhere and people are waiting and screaming for me to be there. Generally, it’s pretty calm. I’m still doing all the things I did growing up. I’m in this really great position where I get to work with some fantastic people. And I understand that there are passionate fans out there and it just makes me so happy that people are very excited about these characters and the films.”

He attributes his chilled attitude to his own upbringing. “My dad was always the person I looked up to and aspired to be like,” he says solemnly. “He’s a good family man and stands up for what he believes in – that was something I was always taught growing up. His job was in child protection and it was something that really resonated with us all in our family. I don’t think me or my brothers would have had these strong ambitions if it wasn’t for him.”

LIVING STATESIDE

Unfortunately, Liam doesn’t get home to see his family as much as he’d like, but having Chris in LA helps, he says. They once famously competed for the role of Thor, but he says they’re not competitive when it comes to acting. “We are both so thankful to be where we are, and are both really happy for each other when we do anything. But sports? Yeah, very competitive!” He stops and pauses. “It’s been a pretty wild four years,” he says, smiling. “Chris and I have been living through it all together and we both feel so lucky to be where we are right now. I’m constantly pinching myself.”

The two are also on the same team when it comes to their charitable work as the ambassadors for the Australian Childhood Foundation, which works to protect children from abuse. “Fame gives you the opportunity to do some good,” he says seriously. “It gives you

a voice that a number of people will listen to, to a certain point.” So would he throw it all in and head back for the quiet life on an island, surfing every day? He hesitates, looking a little pained. “Well, it would be tough. I love going back but right now I travel so much anyway. I am not really anywhere for an extended period of time.” He gets his Aussie fix by asking visiting friends to bring him Vegemite, which he says he grew up on. “But it doesn’t taste the same; it tastes better in Australia,” he notes with a grin. “I’ve seen Tim Tams in supermarkets here in the United States, but I just don’t think they taste as good here either!”

Well, we guess there’s some serious truth to the old saying then, you can take the boy out of Australia... 🇦🇺

***The Hunger Games: Mockingjay – Part 1* hits cinemas November 20.**

REPPING OZ

Since Liam has such a love for home when he visits at Christmas, we calculated the probability of the following situations occurring.

- 100% Getting a t-shirt sunburn while holidaying in Australia.
- 89% Bringing a girl home to Phillip Island who is not Miley Cyrus.
- 87% Landing the role of Crocodile Dundee if there was a remake.
- 76% Having a beer and chatting football with Russell Crowe.
- 66% Making a cameo appearance in Chris Lilley’s next show.
- 45% Getting snapped coming out of the water in Speedos.
- 1.5% Getting a Southern Cross tattoo on his back or bicep.

**"FAME GIVES YOU
THE OPPORTUNITY
TO DO SOME GOOD
AND A VOICE THAT A
NUMBER OF PEOPLE
WILL LISTEN TO."**

MUSIC NEWS

Unmissable shows, fresh new artists and festival fever. Get the lowdown right now.

SPOTLIGHT ON: GEORGE MAPLE

Creating slinky dance beats with her sultry voice, George's (real name Jessica Higgs) tracks have the inevitable consequence of making you dance wherever you are. During a two-year stint in London, she lent her vocals to Snakehips, Flume and Flight Facilities while working on her own new music. After releasing her EP, *Vacant Space*, this month, George is set to take off — big time. Introducing your new summer music crush...

■ Her catchy and ultra sleek lead single from *Vacant Space*, "Talk Talk", was produced by none other than Flume, who she also recently performed with at the Sydney and Melbourne legs of the Listen Out festival.



- "Talk Talk" essentially went viral, notching up one million plays on her Soundcloud within two weeks of its release.
- Proving George is extremely well connected, her label mate and producer Touch Sensitive has recently been joining her on stage to help her perform.
- Her debut album will be out in early 2015 and, judging by her EP, it's sure to be huge.

Follow George Maple's music at soundcloud.com/george-maple and on her Instagram account [@georgemaple_official](https://www.instagram.com/georgemaple_official).



OH, LORDEY!

With the ridiculously appropriate "Yellow Flicker Beat" and a sufficient amount of hype and anticipation, the Lorde-curated *The Hunger Games: Mockingjay — Part 1* soundtrack just dropped. With Kanye West reworking her new hit song (and The Chemical Brothers, Charli XCX, Tove Lo and Chvrches contributing tracks), this album is game-changing.

The Hunger Games: Mockingjay — Part 1 soundtrack is out now.



HELLO, HUSKY

AUSSIE BOYS HUSKY HAVE RELEASED THEIR NEW ALBUM, *RUCKERS HILL*, AND ARE TOURING TO GIVE FANS A LISTEN. CLEO'S EMILY GIBB SPOKE TO LEAD SINGER HUSKY ABOUT DREAM GIGS, COCONUTS AND MUSOS WAKING UP NAKED IN HOTEL LOBBIES.

Which Husky song would you recommend newcomers listen to for an understanding of what you're about?

"I think *Ruckers Hill* because the harmonies are very important in that song and that's what we do. It's got a fairly strong narrative and telling stories with our songs is something that's really important to us."

As you guys are on tour at the moment, what would we see backstage before a show?

"[Laughs] Well, you would actually see us drinking a lot of coconut water to make sure we are really well hydrated. It is one of the things we insist on having on our riders. We're not really into the bowls of M&M's. Then you would probably see us in a little group huddle, singing in harmony and getting warmed up."

What do you enjoy most about getting on the road and touring?

"Well, one of the really great things of this tour is that we are going to all these cool places that you wouldn't always go to, like lots of regional cities, which is really awesome. We've all lived in Australia our whole lives and unfortunately haven't really seen many places in this country!"

You've toured a little bit in the past; does any band member have any odd on-tour habits?

"Yeah! I am not going to name names but one of us finds himself waking up naked in hotel lobbies sometimes..."

More than once?

"It's happened more than once." **Do you have a dream location or gig you'd like to play?** "If I was going to dream worldwide, I think it would be playing a Husky show in Central Park in New York. I think it may be a little unrealistic but it's still worth dreaming about. We get to do so many amazing things in our real lives, with all the shows we play and the tours we do, so I really won't complain if we can't get to the Central Park bit."

Husky are on tour until December 16. For tickets, go to oztix.com.au. *Ruckers Hill* is out now.

NOW TOURING: VIOLENT SOHO

Modern Aussie rock pioneers Violent Soho are capping off their enormously successful year with a primarily sold out tour across Australia (at the time of print). Appropriately named *No Sleep Til Mansfield*, the tour sees them hitting up every state and territory

before concluding in their Queensland hometown in December, where they'll lock down to work on album number four. The answer to snapping up the last remaining tickets? Yeah, yeah, yeah, yeah!

Violent Soho are touring nationally until December 13. For tickets and show dates, head to violentsoho.com.



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ADD TO CALENDAR

AN AUSSIE SUMMER MEANS COLD DRINKS, FRESH FRUIT AND LISTENING TO DAMN GOOD TUNES WITH FRIENDS. YOU'LL FIND THEM ALL AT THESE MUSIC FESTIVALS.

FESTIVAL	VIBES	TRIBES	FOOD	BOOZE	QUEUES
 <p>STEREOSONIC November 29 – December 7: Sydney, Perth, Adelaide, Melbourne and Brisbane.</p> <p>🎵 🎧 📱 🧑 🧑 🧑</p>	<p>Endless banging beats and 'shredded' rigs collide across two days of techno and dance music heaven.</p> <p>🎵 🦵 🙏</p>	<p>Girls in bikinis and micro shorts and shirtless men paired with sunglasses, sneakers and near-perfect aesthetics.</p> <p>👙 🕶️ 🕶️ 🕶️</p>	<p>All of the protein. Think BBQ chicken without the skin, and sweet potato chips for when energy is low.</p> <p>🐔 🍗 🍟</p>	<p>Vodka lime sodas, because calories are wasted with the high-sugar soft drinks.</p> <p>🍹 🍹</p>	<p>With Calvin Harris, Zhu and Diplo headlining, you'll have to fight your way to the stage for their killer dance sets.</p> <p>🧑 🧑 🧑</p>
 <p>THE FALLS MUSIC AND ARTS FESTIVAL December 28 – January 3, 2015: Lorne (VIC), Marion Bay (TAS) and Byron Bay (NSW).</p> <p>☀️ 🌳 🎨 🎨</p>	<p>Indie rock and folk, with a splash of R'n'B and rap tunes, frolic in the bush along the east coast over the New Year's week.</p> <p>🎵 🚗 🌲 🐕</p>	<p>Yuppies and locals coming together to get in touch with their inner hippy for some blissed-out times.</p> <p>🧑 🧑 🧑 🧑</p>	<p>Mushroom burgers and fresh coconuts are a no-brainer for the Falls Fest experience.</p> <p>🍄 🍄 🍔</p>	<p>Mainly cider with a new flavour for each day of the festival – apple, pear, mixed berry, passionfruit...</p> <p>🍷 🍏 🍏 🍏</p>	<p>A 15-minute wait for a fresh cold coconut every morning. Yep, screw coffee.</p> <p>☕ ❌ ⌚</p>
 <p>ST JEROME'S LANEWAY FESTIVAL January 24 – February 8: Brisbane, Sydney, Adelaide, Melbourne and Fremantle.</p> <p>🎵 🧑 📱 🎵</p>	<p>Inner-city festivals filled with stages and unforgettable music acts who are going to be huge in a year's time.</p> <p>🎸 📺 🎤</p>	<p>'Poor' uni students and musos that make you feel forever uncool. Also, plenty of hot bearded men with man-buns.</p> <p>🎸 🧑 🕶️ 🚲</p>	<p>Cheeseburgers and chips with all the gourmet vegetarian options like corn cobs with parmesan on top.</p> <p>🍔 🍟 🌽 🍆</p>	<p>The cheapest beer available or the most bespoke local brew. Also: good coffee.</p> <p>🍺 🍺 ☕</p>	<p>With the stages squished into teeny laneways, weaving through the tight crowd becomes a sport. You've been warned.</p> <p>🧑 🧑 🧑 🧑</p>
 <p>SOUNDWAVE February 21 – March 1: Adelaide, Melbourne, Sydney and Brisbane.</p> <p>📢 🌊 🦊</p>	<p>Australia's biggest and very best heavy rock festival with insane circle pits and head banging.</p> <p>⚠️ !! 🌊</p>	<p>All black, leather and sunglasses-loving ladies and gents with a real penchant for a good time, killer music and some crazy antics.</p> <p>🖤 🧑 🎸 🎸</p>	<p>A full-on gorge of fried things. Hot chips, hot dogs, hot pizza... just lots of hot food possibilities.</p> <p>🔥 🍟 🍕 🐕</p>	<p>Bundy and Coke, Jack Daniel's and Coke, beer and more whisky and rum and Coke. You get the picture.</p> <p>🍷 🍷 🍷</p>	<p>The intense moshing sesh means lines for the bar get pretty deep in-between the really big sets.</p> <p>🎵 🎵 🎵</p>
 <p>FUTURE MUSIC FESTIVAL February 28 – March 9: Sydney, Perth, Brisbane, Melbourne and Adelaide.</p> <p>🕶️ 🧑 🦊</p>	<p>The DJs, dance, pop, hip-hop and indie rock music make for one epic day that'll make you sprint between stages.</p> <p>🎵 🎵 🎵</p>	<p>Boys are clad in singlets and ladies rock crop tops with denim short shorts in a fusion of fun colours and vibrant prints.</p> <p>🧑 🧑 🧑 🧑</p>	<p>If there's actually time to eat, it's from carni-style food vans and a canapé or two if you're in the VIP section.</p> <p>🌽 🌽 🌽 🌽</p>	<p>A massive day calls for energy drinks with vodka as the go-to choice to keep you going.</p> <p>🍷 🍷 🍷</p>	<p>For the toilets (that's standard) and travelling between stages across the enormous venue to catch artists like Drake and Avicii.</p> <p>🚽 🧑 🗣️</p>

ARIANA GRANDE:

“I’VE GOT A GOOD GRASP ON who I am”

In a CLEO exclusive, **Jessica Bailey** sat down with one of the world’s most streamed artists to chat Iggy, success and why she’s decided to let go of her insecurities.



When Ariana Grande arrived in Australia recently, there were reports she was demanding. This was true, in part. We were told in advance that there were to be no questions referring to any of her relationships, her late grandfather or any comparisons to seasoned singer Mariah Carey. But were these requests examples of the bizarre ‘diva-like’ behaviour that was well documented in the media during her visit, or in fact just a bid to protect a 21-year-old superstar from the glaring public eye?

As we sit down with the pint-sized popstar, she’s every bit sweet – albeit, at times, brash. When we start to give her a run-down of the CLEO demographic we’re quickly interrupted. “I know, I got the brief!” she says shortly, her lashes feverishly flickering. And while some might read that type of comment as her head (or in Ariana’s case, her hair) getting too big for her stiletto-heeled boots, we take it on the chin. This girl knows what’s going on and doesn’t muck around.

A No.1 album in 85 countries and the No.1 spot on the Billboard charts has seen the 21-year-old star rise (and rise and rise). According to Spotify at the time of print, she’s the most streamed artist in the world. In its debut week, her album *My Everything* sold more than 169,000 copies, topping the Billboard charts. This prompted *Rolling Stone* magazine to describe it as “a confident, intelligent, brazen pop statement,” and Billboard to go as far as saying Ariana has been “transformed from popstar-you-ought-to-know to undeniable superstar”. It’s clear she’s finally shed her Nickelodeon image. And yes, even Iggy Azalea had to be convinced that Ariana was ready for a collaboration.

When initially approached to be on Ariana’s first album, the Australian rapper declined the offer, saying her music might be too risqué for Miss Grande’s style. “Even though I thought she was amazing, I thought she was much younger than she is,” explains Iggy. “When I realised that she was so close to my age, I was like, ‘Wait you’re an adult!’” When the pair finally decided to work together on the hit single “Problem”, both artists achieved worldwide success. “I loved working with Iggy, not only for the reason that she’s an amazing artist but she’s also a really great person, very down-to-earth and not egotistical,” says Ariana.

But this success didn’t come without hard work. Born in Florida in 1993, Ariana began her career singing on a cruise ship and at sporting events before landing a role in the Disney show *Victorious* in 2010. When the show ended, Ariana was given her own spin-off show called *Sam & Cat*, where she began to build her musical

résumé. In 2013 she released her first album, *Yours Truly*, which showcased her huge vocal range to the world.

When we ask Ariana what she thinks about her huge international success, she shoots us an uncertain glare. “I don’t know if I ever actually believed this would really happen,” she admits.

Aside from “Problem”, the other big single on Ariana’s album is undoubtedly “Break Free”. “For me, that song was about breaking free from things within myself, like insecurities, ego and fears because during the time when I recorded the song, I wasn’t breaking free from anybody and I was in a relationship,” says Ariana. “I really hope the song is empowering and people feel like they can let go of whatever it is that’s holding them back from fulfilling their potential.”

It’s a strong message, and it’s one that Ariana has no doubt had to draw upon while dealing with more than her fair share of haters and cynics during her rise to the top. In January, Ariana was set to appear on the Grammys red carpet in a \$9000 mid-length, floral-print Dolce & Gabbana dress. But prior to hitting the cameras, she made the harsh mistake of checking Twitter, where fans were attacking her choice of outfit for the night. According to *eonline.com*, minders tried to defuse the situation but the star was already visibly upset on the red carpet and suddenly left the award show.

It’s not ironic then that when we ask Ariana how she defines success, she doesn’t hesitate in saying: “Happiness. And not letting anyone else’s nonsense disturb your peace. That’s what I think is the greatest success. It’s hard to do in real life but that is success to me.”

Despite negative media, including humiliating images emerging on the internet during the iCloud scandal, Ariana says she has no regrets. “I would rather be real, make mistakes and dress how I want. Being yourself is really the greatest example of being a role model,” she says. “I feel like I’ve got a good grasp of who I am. We have many things to learn.” In the meantime, her well-oiled publicity machine – with all its excessive requests and attempts to protect her – will just keep chugging along. ☑

GIRL POWER

They say music comes in cycles. We’ve seen boy bands take over the teen world, but now it’s all about the strong and independent females. Here are a few others killing it next to Ariana (and they’re all touring Oz right now!)



KATY PERRY

The bright-eyed pop queen has brought her Prismatic world tour to Australia.



KIMBRA

The New Zealand-born singer/songwriter hit Sydney and Melbourne with her new album *The Golden Echo*.



MARIAH CAREY

Mariah Carey is Down Under for The Elusive Chanteuse Show, her first tour of Australia in 15 years.



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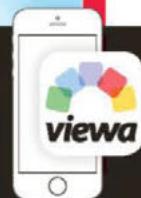
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tablet over
this page.

✕ OUR FAVOURITE INTERNATIONAL VISITORS

FEBRUARY 18: *Modern Family* touches down in Oz

Television's most hilarious group arrived in Australia to film their holiday episode, with the majority of the cast flying in on a dedicated Qantas A380, dubbed the 'Modern Family Flyer'. From the Harbour Bridge to Bondi Beach and then hitting up a Bruce Springsteen gig, the gang were spotted just about everywhere.

APRIL 16: Wills, Kate and baby George visit Australia



Mingling with the marsupials at Taronga Zoo in Sydney.

The Duke and Duchess of Cambridge arrived in Sydney with their son, Prince George, for their first official tour of our nation. Making pit stops at Parliament House and the Sydney Opera House, our favourite royals then jetsetted north to watch the sun set over Uluru. It was a packed 10-day trip Down Under!



SNAP HAPPY: Phil tries to capture the perfect modern family photo.

✕ JULY: THE MONTH OF MEN

SOCCER ABS ON DISPLAY: Two words: World Cup. Abs galore ruled our television screens – and we didn't complain one bit. After the final went into extra time, Germany defeated Argentina 1-0 to be crowned the world champions – for the fourth time!



THE YEAR that was

They're the stories that had us all talking. Yes, the past 12 months have been a crazy ride, so let's hit rewind for a second and reflect on the highlights of 2014.

✕ 'WOW' CELEB MOMENTS



#1 MARCH 3: The 86th Academy Awards selfie

Ellen DeGeneres' Oscar selfie became the most retweeted image of all time. And Aussie Cate Blanchett claimed the best actress Oscar for her performance in Woody Allen's *Blue Jasmine*, defeating Hollywood heavyweights Meryl Streep and Sandra Bullock.



#2 AUGUST 31: Celeb nude photo scandal Jennifer Lawrence, Kate Upton and Kirsten Dunst were just some of the celebrities whose iCloud accounts were hacked into, with their private photos leaked to the whole world.



#3 SEPTEMBER 20: Emma Watson's UN speech There are so many reasons we love her – this included. As a UN Women Goodwill Ambassador, Em spoke out about modern feminism for the #HeForShe campaign in New York.

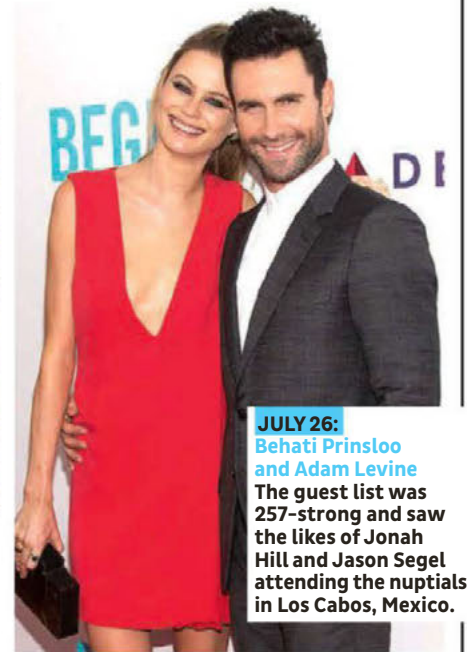


FEBRUARY 18: Adam Brody and Leighton Meester High-school dreams were made when Seth Cohen and Blair Waldorf got married just three months after they announced that they were engaged.

✕ THE 'I DOS'



JUNE 28: Olivia Palermo and Johannes Huebl Making sweaters cool all over again, Olivia married her long-time partner Johannes in Bedford, New York. We love.



JULY 26: Behati Prinsloo and Adam Levine The guest list was 257-strong and saw the likes of Jonah Hill and Jason Segel attending the nuptials in Los Cabos, Mexico.



SEPTEMBER 6: Neil Patrick Harris and David Burtka Marrying in Italy, this couple has been together for 10 years and have two children, who were at the altar when their dads tied the knot.



AUGUST 23: Angelina Jolie and Brad Pitt They wed in secret at a small chapel in Chateau Miraval in France and their six children were part of the ceremony. Cute!



SEPTEMBER 14: William Tell and Lauren Conrad The former *The Hills* star married her William Tell in a Californian vineyard surrounded by their loved ones and friends, like her *Hills* co-star Lo Bosworth.



SEPTEMBER 27: Amal Alamuddin and George Clooney The guestlist included Emily Blunt and Matt Damon, and they arrived at the wedding in Venice via water taxi.

✕ THE DISEASE THAT STOPPED THE WORLD

THE EBOLA OUTBREAK IN WEST AFRICA:

In February, an epidemic of the killer disease Ebola began in West Africa. By October 31, the World Health Organization had reported 13,567 cases and 4,951 deaths. With confirmed cases in the US and UK, Australia also has suspected cases.



THE YEAR that was

✦ TOP SOCIAL MEDIA MOMENTS



Justin Timberlake and model Cara Delevingne joined the host of celebs who campaigned for the release of more than 200 girls in Nigeria.



#BRINGBACKOURGIRLS

On the night of April 14, more than 270 girls were abducted by Islamist militant group Boko Haram in eastern Nigeria. This sparked worldwide outrage and a huge social media campaign, #BringBackOurGirls, backed by celebs including Cara Delevingne, Anne Hathaway as well as Justin Timberlake. While 61 of the girls managed to escape in the first few days after the abduction, no-one else has broken away or been rescued since.



Gwyneth Paltrow and Lady Gaga joined in... and nominated their A-list friends.



Rodger's BMW – a gift from his mum – was seen mounted on a footpath after his killing spree in May.

ALS ICE BUCKET CHALLENGE

At the end of June, this chilly challenge received crazy media attention in the US for the first time. It then quickly took hold around the globe, with everyone from Oprah, Selena Gomez and Katy Perry to (our fave) Homer Simpson getting involved.

#YESALLWOMEN

On May 23, Elliot Rodger killed six people and injured 13 others before he committed suicide in Isla Vista, California. Before the killings, he uploaded a clip to YouTube and spoke about his desire to punish women for rejecting him, leading to this social media campaign.



✦ FAVOURITE MOMENT OF THE WHOLE DAMN YEAR

MALALA YOUSAFZAI WINS NOBEL PEACE PRIZE

At 17 years old, Malala has become the youngest Nobel Peace Prize winner for fighting against the suppression of children and for all kids to have an education.



✦ STARS OF



✦ THE FAREWELLS



Charlotte Dawson

April 8, 1966 – February 22, 2014 Kiwi-born Charlotte kicked off her career on the catwalk, then later graced our TV screens and fast became an Aussie household name. You could count on her to keep it real and we loved that.

March 13, 1989 – 7 April, 2014 This British model, fashion writer, TV personality, mother of two and daughter of rock royalty Sir Bob Geldof made her mark in the fashion world.



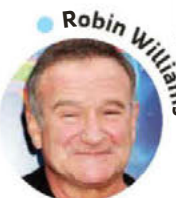
Peaches Geldof



Philip Seymour Hoffman

July 23, 1967 – February 2, 2014 From lighting up the screen in *The Hunger Games* to shining bright in the starring role of *Capote*, PSH will always be remembered for his amazing performances in some of our favourite films.

July 21, 1951 – August 11, 2014 This is one man who knew how to make the world laugh. If he wasn't putting on a crazy accent (hello, Genie!), Mr Williams was dancing around the stage doing impersonations.



Robin Williams



Joan Rivers

June 8, 1933 – September 4, 2014 Known for her hilarious and often un-PC humour, Joan Rivers rocked the world of comedy and was never shy of telling people exactly what she thought – and we loved her for it.



6



1 IGGY AZALEA Iggy's life completely changed in February this year when she released her killer song "Fancy", which landed her the No.1 spot on the US Billboard 100 chart.

2 SHAILENE WOODLEY This year saw Shailene nab the lead role in two of 2014's biggest movies: *The Fault In Our Stars* and *Divergent*, making her a household name. Okay? Okay.

3 5 SECONDS OF SUMMER The boys from Sydney's western suburbs are being hailed as the new One Direction. In February, they released "She Looks So Perfect," which topped the charts in Australia, New Zealand, Ireland as well as the UK. Their debut album peaked at No.1 in 11 countries.

4 EMILY RATAJKOWSKI She rose to prominence after her appearance in the *Blurred Lines* video, but the world learnt her name after her *Gone Girl* gig.

THE YEAR



5 KATE UPTON Kate's face was everywhere this year thanks to her role in *The Other Woman* where she flashed *that* bod.

6 ROSAMUND PIKE The world was waiting to see who would be cast to play amazing Amy Elliott-Dunne in the much-hyped film adaptation of *Gone Girl* – and Rosamund totally nailed it.

7 ARIANA GRANDE From Nickelodeon star to pop superstar, it's been the year of Ariana. With big hits like "Problem", "Break Free" and "Bang Bang", she joined Adele as the only female artist with three top 10 hits simultaneously as a lead artist.

✖ THE COURT CASE WE WERE GLUED TO

OCTOBER 13:

Double-amputee paralympian Oscar Pistorius (AKA 'Blade Runner') returned to court for sentencing.

While Pistorius was cleared of the premeditated murder of his girlfriend, Reeva Steenkamp, he was still convicted of culpable homicide, or manslaughter, after a six-month trial. Read more about it on page 74.



✖ THE YEAR THAT MALAYSIA AIRLINES WANTS TO FORGET

MARCH 8: Malaysia Airlines flight MH370 vanished En route from Kuala Lumpur to Beijing, Malaysia Airlines flight 370 disappeared after losing contact with air traffic control less than an hour after the plane took off. The aircraft was carrying 12 Malaysian crew members and 227 passengers from 15 nations, including six Aussies. There's been no confirmation of any flight debris and no crash site has been found.

JULY 17: Malaysia Airlines flight MH17 shot down This plane was flying direct from Amsterdam to Kuala Lumpur when it was shot out of the sky, killing all 298 people on board, 37 of whom were Australian. It crashed in Ukraine over the territory controlled by pro-Russian separatists. ➔

✖ BEST VIRAL MOMENT

THE HOT CRIMINAL MUGSHOT

The mugshot of 30-year-old hottie Jeremy Meeks was posted on the Stockton Police Department's Facebook page and it immediately went viral. Meeks was arrested based on weapons charges but that didn't slow down memes of him popping up everywhere, including Meeks as a Calvin Klein model.



THE YEAR that was

✦ AUSTRALIAN EVENTS THAT MADE US THINK



FEBRUARY 10:

Schapelle Corby released from jail

The convicted drug smuggler was released on parole from Bali's Kerobokan jail after spending nine years in prison.



FEBRUARY 18: Simon Gittany is sentenced

The businessman was given 26 years in jail with an 18-year non-parole period for the murder of his fiancée Lisa Harnum, who he threw from a balcony in Sydney in July 2011.



SEPTEMBER 18: Terror raids across Australia

Police carried out the largest counter-terrorism operation in the nation's history. More than 800 officers targeted houses in both Brisbane and Sydney. The terror raids were triggered after the interception of a phone call, and police uncovered a terror plan to randomly behead an Australian on Sydney's streets. ISIS has since

called for several beheadings. After the raids, 15 people were detained and one person was charged.

✦ TOP THREE CELEBRITY 'WTF' MOMENTS



JAMES PACKER AND MIRANDA KERR:

After splitting from Orlando Bloom in late 2013, rumours began to swirl that Kerr was dating Packer. Both parties deny their relationship but that hasn't stopped this pair from being spotted together numerous times. The plot thickens...

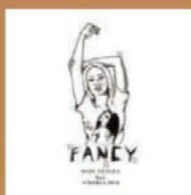
✦ THE SONGS THAT ROCKED OUR IPHONES



"Happy"
Pharrell Williams



"All of Me"
John Legend



"Fancy" Iggy Azalea
ft. Charli XCX



"Problem" Ariana
Grande ft. Iggy
Azalea



**"She Looks So
Perfect"** 5 Seconds
Of Summer



**"All About That
Bass"** Meghan
Trainor



"Shake It Off"
Taylor Swift



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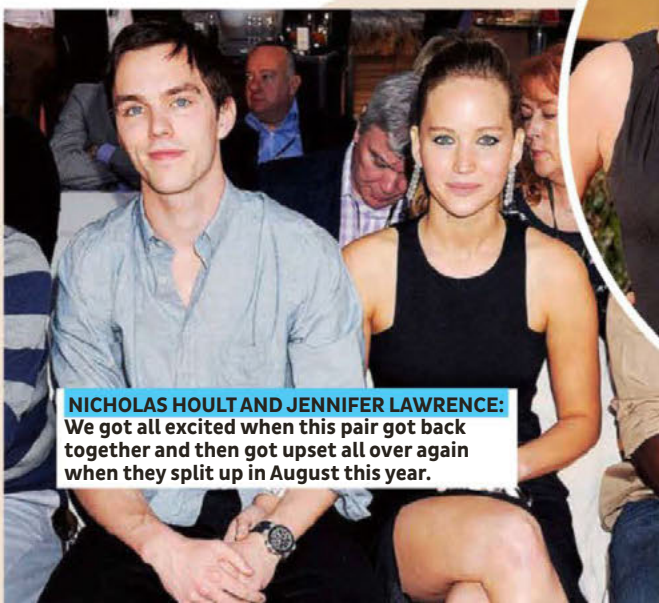


ORLANDO BLOOM AND JUSTIN BIEBER:

Outside a restaurant in Ibiza, the Biebs was reported to have said "What's up, b*tch?" to Orlando Bloom, who then reached out and struck him. As the pint-sized popstar left the venue in a huff, the entire crowd applauded.



SOLANGE AND JAY Z: The world was shocked when TMZ released video footage of Beyoncé's little sister, Solange, attacking Queen Bey's hubby Jay Z in an elevator after the Met Gala in New York. We're still not entirely sure what happened...



NICHOLAS HOULT AND JENNIFER LAWRENCE: We got all excited when this pair got back together and then got upset all over again when they split up in August this year.

✦ A YEAR OF BLOODSHED

FEBRUARY 22: Civil unrest in Kiev, Ukraine

The Ukrainian parliament voted to remove President Viktor Yanukovich from office, after days of civil unrest in Kiev left 100 people dead. The pro-Russian unrest in Ukraine led to the annexation of Crimea by the Russian Federation.

JULY 8: Gaza Strip attacks

Israel launched Operation Protective Edge on the Palestinian Gaza Strip starting with numerous missile strikes, followed by a ground invasion a week later. In seven weeks of fighting, 2,100 Palestinians and 71 Israelis were killed. On July 17, Israel confirmed the beginning of a ground offensive in Gaza.

AUGUST 19: ISIS beheads James Foley

After being kidnapped in Syria in November 2012, American journalist James Foley was beheaded by the Islamic State of Iraq and Syria (ISIS). After Foley's beheaded corpse was shown in a YouTube video, a masked man revealed ISIS was holding another American journalist, Steven Sotloff. He declared that he would be killed if US president Barack Obama did not halt air strikes against ISIS. On September 2, another video was released showing Sotloff suffering the same demise as Foley. ☐

✦ THE BREAK-UPS THAT SHOCKED US

GWYNETH PALTROW AND CHRIS MARTIN: Gwyneth wrote on her blog Goop (goop.com) in March that she and Chris were splitting or, as she phrased it, "consciously uncoupling".



MARIAH CAREY AND NICK CANNON: They were married for more than six years and have two kids together but Mariah and Nick called it quits back in August.



JORDIN SPARKS AND JASON DERULO: They were together for three years but Jason ended things with a phone call in September.

A TAYLOR-ED REINVENTION

In an Australian magazine exclusive, CLEO's **Jessica Bailey** discovers that there is much, much more to megastar Taylor Swift than outing her ex-boyfriends through song.

Miss Swift isn't the jilted ex-girlfriend you might think she is. No, she isn't bitter, stung or, at worst, obsessive. However, after six years of chart-topping songs about her past loves, it's warranted if you feel like you have, at times, a fraught relationship with the 24-year-old superstar.

Her new album *1989* is no different, except for shedding her country sound. What *is* different about Taylor now is her demeanour – she's no longer subtly (or perhaps not so subtly) calling out men, but calling out the women who, by taking each other down because of guys, disrupt the plight of feminism.

"I think when it comes to females in the media, you will see something that kind of upsets me, which is that females are pinned up against each other, more so than men," says Taylor. "One thing I *do* believe as a feminist is that in order for us to have gender equality we have to stop making it a girl fight and stop being so interested in seeing girls trying to tear each other down. It has to be more about cheering each other on, as women."

Although, for all of her confident, bold sound bites, there's still a hint of vulnerability when we broach the meaning behind some of the raw truths in her songs. "Just think about if you're writing in your diary every night," she starts, not breaking her stare with me. "You would write something less revealing if I told you that someday that was going to be published as a memoir. Most of the songs I write never get released; they just help me get through whatever I'm going through at that time. So the songs that do end up out there... I can't stop to think about what the world's going to do with them."

Chatting to CLEO in an exclusive sit-down interview – and paying homage to her love for all things Australia including the Camilla & Marc dress she's wearing – Taylor opens up about her killer career as a singing superstar, the public criticism she's been hit with and why women need to stand together, proving once and for all she's got more to talk about than Harry Styles and John Mayer.

From country songstress to pure pop superstar, what made you decide to make the switch in sound?

"It was really a natural progression I had made. I've been playing around with pop sensibilities in my songwriting for the past couple of years so to get to be honest about everything and make the album exactly the way I wanted to make it, I'm really happy that it was well received."

We obviously love every track you produce, but is there a song on your new record *1989* that you have on repeat?

"It's hard to choose. Depending on what I'm going through, I'll listen to things and have things gravitate towards me, like there's a song on the album called 'Clean' with Imogen Heap and it's the song I'm really obsessed with. Then there's a song called 'All You Had To Do Was Stay' which is one I'm obsessed with too!"

You've said "Shake It Off" is about how to have more fun than the haters. How do you stop them getting to you?

"Well, it's a struggle; it's never something I'm ever going to completely master. That's why when a song comes out that says how we all feel about gossip and people getting on your case and just how people treat each other, thankfully it resonated with people. We're never really going to be able to completely ignore people who don't like us for no reason. You hate it when you feel like people may have the wrong impression of you and it's so hard to want to control the need to say, 'No, that's not who I am at all!' But at this point, I try to encourage people not to try to defend themselves. If you know who you are, then you do not need to defend yourself."

You've also pointed out that this song is an ode to the "take-down culture" we now live in. So, as women, how important is it that we support each other?

"It's the most terrible thing thinking about the idea that most girls' natural instinct is to look at others as their main competition. This has somehow been ingrained in us since we were little girls – 'She's more competition for you than he is over there,' when really, when you go out into the real world and you're trying to accomplish things, men *and* women are your competitors. But when girls are thinking too much about getting boys to like them or getting a boyfriend, I think that is when this natural competitiveness instinct kicks in and they ➡

"I ADMIRE AND RESPECT GIRLS FAR MORE THAN THE MEN AROUND ME. WHETHER YOU LABEL YOURSELF AS A FEMINIST OR NOT, IT'S IMPORTANT THAT WE ADDRESS EQUAL RIGHTS."





start to look at other girls as their competition. It's so unhealthy. I think having grown up, lived through it, having experienced it and having felt that way about other girls at certain points of my life, I now look around and I just love girls. I respect girls and admire girls far more than any of the men around me. You have to stick together and, whether you label yourself as a feminist or not, it's important that we address equal rights."

Let's press play on "Out Of The Woods" – it's such a good track. What was the driving force when you were writing this song?

"Thank you! 'Out Of The Woods' is about one of those tentative relationships you have where you are sort of always wondering if you're standing on solid ground, always wondering if you're on the same page with the other person. I think any of us who have been in relationships might be familiar with that feeling. There are some that feel very solid and then there are some that always feel like a work in progress, that always feel a little bit fragile. It's not to say that one is more important or better than the other. I think this song is kind of glorifying that this kind of relationship that wasn't all that. It wasn't the one where you can depend on someone. Day to day, we are always hoping for that next point of relief where you feel like, 'OK, things are good.' But most of life is a struggle – and most of love is a struggle."

Considering you hold nothing back, do you feel the need to constantly defend yourself because you're in the public eye?

"Oh, definitely. But it's not an issue that I wouldn't face if I had a different job. People will say things about you that are untrue, people are going to undermine you, people are going to make you feel like you don't deserve what you want and that goes for anyone who's trying to do something special, unique or good."

We can see just how important your friendships with celebs including Lena Dunham, Karlie Kloss and Lorde are to you. How do you go about choosing your closest friends?

"I choose my friends based on people I initially click with. I think that's really important. You know, just being around people who when you say something, they say, 'Oh my God, me too!' A lot of my friends, people look at us and think, 'Wow, they seem really opposite,' but we relate on the things that are important. We can relate on our ideals and our morals and our ideas on music, feminism, writing, film and things like that. But my friendships are the most important thing to me right now because I can trust them. It's interesting to me, I look around and there's nothing written about me in the press right now that is accurate, so I know none of my friends are talking. Like, if it reads something like, 'A source close to Taylor says...', it's completely false. So I'm just like, 'My friends are good, I've got the right friends!'"

Lastly, can you tell us what 'high-school Taylor' would say if she had any idea that her life was going to turn out like this?

"I think 'high-school me' would be stoked. But then again, my life has changed so much I don't think that I would believe you if you would have told me, 'You're going to move to New York, you're going to cut your hair, you're going to have completely different friends than you have now, you're going to have to think about everything you say before you say it, everything you do is going to be documented, even things you don't do are going to be made up.' But if I was told all of this, I still would've wanted this life; the idea that I get to write songs as a job is so good that it outweighs anything trivial or ridiculous or irritating." 📱

Taylor's latest album *1989* is out now.

THE WOMEN

WHO STAND BEHIND TAYLOR

CONSTANTLY SURROUNDED BY FAMOUS FRIENDS, IT'S BECOME PRETTY CLEAR THAT THIS SONGSTRESS IS THE MISS CONGENIALITY OF THE CELEB SCENE.



LORDE

This pair are thick as thieves, with the Kiwi star taking to Twitter to back Taylor's new album: "OMG *1989* is out – what a day! So proud of my sister."



JAIME KING

"Taylor is just one of my closest, closest friends, one of my dear, dear friends," Jaime says. "We just met and instantly had a connection."



KARLIE KLOSS

The supermodel believes: "Taylor's an incredible and special friend. She's humble, caring and thoughtful, and she has a huge heart."



EMMA STONE

This actress keeps it real with Tay, saying: "She's a normal girl. She's not [like], 'I am one of the world's most popular singers'."



LENA DUNHAM

Preaching to the converted, the *Girls* star/creator explains that, "Anyone who thinks Taylor isn't good for the girl cause [is] crazy. Any woman who's dominating the charts, the creative director of her own empire, and made whatever millions of dollars last year is only lifting us up. And she's an amazing role model".



WATCH OUR INTERVIEW WITH TAYLOR!
See us hang out with this American sweetheart by downloading the free **viewa** app from the App Store or Google Play and holding your phone or tablet here.



HOW TO GET OVER YOUR EX

Speaking from experience, Jessica Martin gives her step-by-step guide to handling a bad break-up.

Some break-ups are easy. Once, after being dumped via email by a guy I was going to move to Canada for, I debriefed with a friend over a couple of vodkas, cried some crocodile tears and promptly moved on. Just like that. It really was a surprise, even to me, how well I handled it because let's be real, most break-ups aren't that simple. Most break-ups involve hours of wailing "whhhhyyy" to sympathetic friends who never let your glass of shiraz run dry or, worse, falling into a deep depression that has you questioning your very existence. The latter has been me the past couple

of months after I found out I had been cheated on, and let me tell you, it hasn't been nice. Or easy. But it does get better, eventually. Unfortunately, you just have to go through all this mindless sh*t first...

- 1** Lock yourself away for a few days. Eat what you can, don't skimp on water. Just watch *Keeping Up With The Kardashians* repeatedly and don't let one episode end without clicking on the next.
- 2** Call your best friend. Sob. Barely get the words out because you're crying so much. Feel the pain of the betrayal afresh.
- 3** Have dinner with the people who really love you. Don't check your phone.
- 4** Join a gym. Be surprised at how exercise alleviates sorrow for an hour or two.
- 5** Reblog inspirational quotes on Tumblr.

"Try to feel sorry for him for a second. Realise hurt people can hurt people. Forgive him a little."

- 6** File and paint your nails and pretend that the most important thing is to be very, very kind to yourself. Because it is.
- 7** Drink red wine by yourself under the stars and feel all your *feelings*. After another glass, smile at your dramatics.
- 8** Watch repeats of *Girls*. Remember, at least for one single moment, that there are far better men in the world,

who are just as good looking, and ones that kiss really well too.

- 9** Delete all his old texts and photos from your phone without rereading them for the hundredth time.
- 10** Think about all the things you still want to achieve. Soak in the possibilities. Get excited about dreams coming true.
- 11** In between the hurt and sadness and pain, try to feel sorry for him for a second. Realise hurt people can hurt people. Forgive him a little. But never forget.
- 12** Keep going.

Even if your break-up doesn't have the same particulars as mine, they're pretty universal in their sh*ttness, and it's the 'keep going' bit that you have to remind yourself of when things seem too bleak to bear. Even if you're taking two steps forward only to then take one step back, you're still moving on with your life, and that's no bad thing, believe me. I have been through the most awful break-ups that I thought I would never get over. Like, ever. But I did. And so will you. 📸

Keep up with what's going on in Jess' world through Twitter @jfmartin311.



STYLING NIKKI LOWE. PHOTOGRAPHY GETTY IMAGES, YANNI ASPRADAKIS/BAUER MEDIA. HAIR & MAKE-UP BYRON TURNBULL/RELOAD.



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LOVE YOUR LEGS

Party season is coming, so show your legs some love with Veet and you'll never be caught short

This spring/summer, the word from the runway is short. Short skirts, short shorts and playsuits are everywhere. So make sure your legs are ready to take on the new season.

If you want hair removal that lasts, forget about shaving. It can leave nicks and cuts and you have to do it all again in a few days. Plus, the razor causes hair to grow back coarse and spiky - that's not a great look or feel.

Try Veet for a better solution. Available in a sensitive hair removal cream formula for legs, arms and bikini line, it's quick, easy and painless, and gives results that can last up to twice as long as shaving. Or for even longer-lasting hair removal, try Veet Wax Strips. Because they're designed for use at home, they're there when you need them and they remove even short hairs to reveal smoothness that lasts for up to 28 days. All it takes is a couple of seconds to warm a wax strip between your palms and it's ready to apply and remove. You'll always be ready to kick up your heels.

Make sure your legs are new-season ready...



VEET SHORT STORIES

If you're over expensive salon visits, try Veet for smoothness you can achieve at home.

Veet Hair Removal Cream is suitable for even sensitive skin and comes with its own applicator, so it's easy to apply.

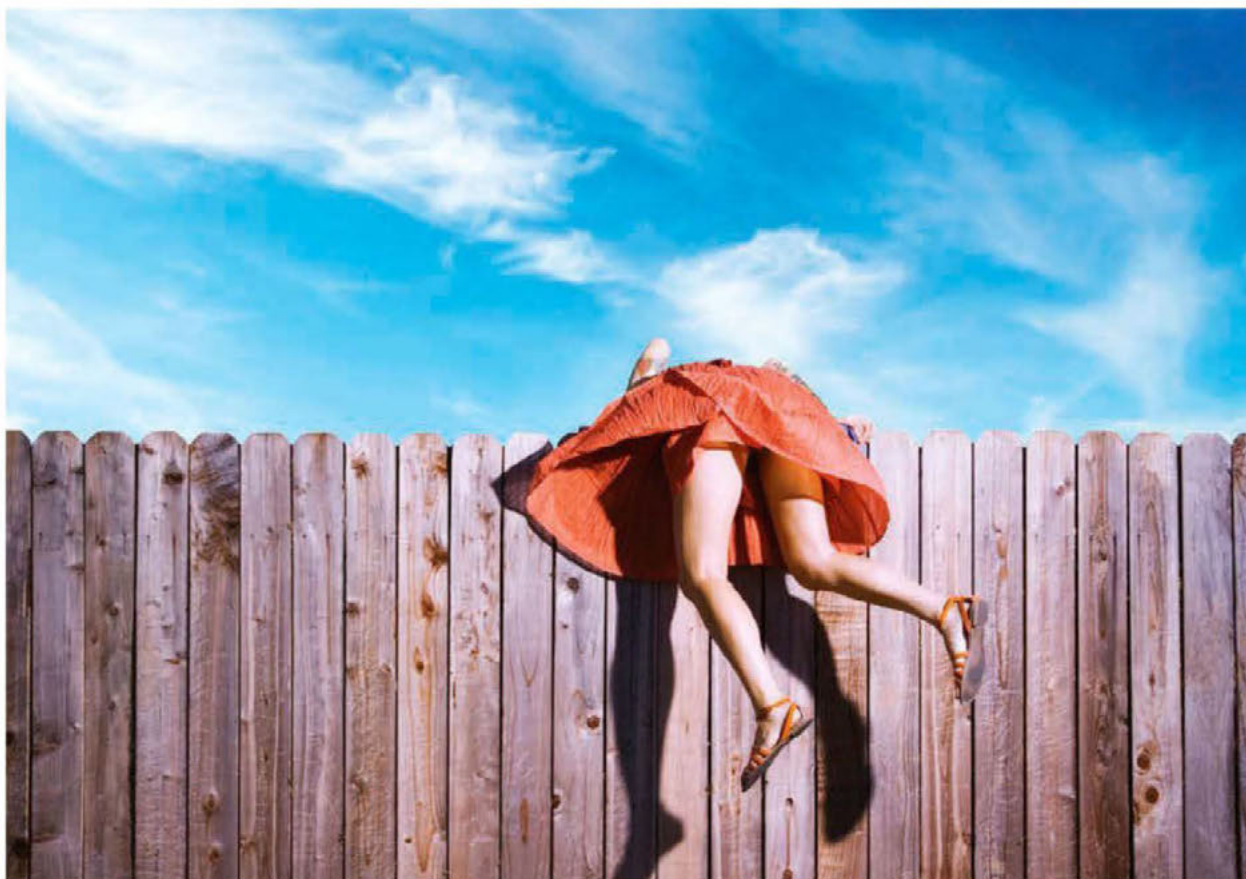
Veet Wax Strips have a unique EasyGrip™ tab so they're easy to remove.

Available at pharmacies and supermarkets.



VISIT VEET.COM.AU

What beauty feels like.



46 THAT'S A DEAL-BREAKER

CLEO columnist **Tommy Little** tries to get to grips with our ever-changing dating demands.

For the uninitiated, a deal-breaker is something a person does that instantly strikes them off your 'to do' list. They can range from the straightforward — "they can't be a smoker" or "they have to be Jewish" — to the more specific and weird: "they have to be someone prepared to smoke only with Jewish people".

Up until recently, I actually thought deal-breakers were something that you talked about but never really put into action because, to put it simply, I don't really have any. Obviously it's not ideal for you to be a serial killer, but if you're cute enough and show an interest in me I will most likely just let it slide and sleep every night with one eye open.

About a month ago, however, I was on the receiving end of a deal-breaker. What did I do wrong? I wore jeans and thongs to the date. That's it. I understand that in America if I rocked up to a date in just jeans and a thong you might have a valid reason to be disgusted, but this is Australia and I thought this was plain ridiculous. I mean, if she wanted reasons not to date me, I could have given her heaps: I talk in my sleep, I wet the bed

right up until I was 10 years old, and I often say "pacifically" when I'm trying to say "specifically", to name just a few.

I used to think dating a smoker would be a huge deal-breaker for me until I met a really gorgeous girl who smoked and, if anything, I thought more about taking up smoking myself in order to make her like me more. The way I see it, at least if the relationship went sour we'd both be dead soon, and death is surely a pretty great way to end things without any sort of strange awkwardness.

I rang a single friend to ask her about her own deal-breakers and before I had even finished the word she was already delving into her list: poor spelling in text messages, dirt under their nails, lives at their parents' house... after a few more of these I had to pull her up. "Are you actually telling me that if Ryan Gosling says the words 'arks' instead of 'asks', you're going to say, 'Look, I would love to go for a drink with you but that is one of my deal-breakers, so I'm really sorry, Mr Gosling, I'll have to pass?'"

She brushed my words aside and kept barrelling on: if someone *does* tick off a deal-breaker on a date, she said you

should simply take a mental note and not catch up with the person again. I offered the alternative of standing up on a chair in the middle of the restaurant, crossing your arms like Andrew O'Keefe does and yelling "No deal!" at the person before trying to guess what the other patrons in the restaurant have in their suitcases. She wasn't impressed.

The phone call ended and I was a little confused. I think all I had learnt from this whole deal-breaker fiasco was that if someone was willing to strike you off for just one thing, then maybe you don't want to be with that person anyway. Then I looked down at my exposed feet and thought to myself, "Or maybe I just haven't learnt anything". 📷

Catch Tommy on the Meshel & Tommy brekkie show on Nova 100 Melbourne, from 6-9am weekdays. You can follow him on Twitter: @tommy_little



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Absolutely **FABULOUS**

Endless parties, catch-ups, present buying, overeating and hangovers... the next few weeks can be messy at best, but this year, we say no to seasonal slip-ups. Instead, we say let's rock the festivities. Author **Meg Mason** shows us how to shine.



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body, not overdoing it or overcommitting will help you keep the stress down and prevent that feeling of 'overwhelmed'. The mind and body are connected and when even one of those areas is out of balance, it affects every part of you."

Nailing the basics (eating and sleeping well, scheduling in sufficient downtime, sticking to your gym routine) is half the battle won. From there, it is all about confronting hard situations mindfully, and with your own wellbeing first.

"What you are expected to do or feel like you should be doing at this time of year is not always what you want to be doing, if you step back and think about it," says Lishman. Like overspending on gifts, attending back-to-back parties for distant relatives or sitting out boring functions because you kind of feel like you should. "The idea that you 'should' be doing something to please others creates so much anxiety but nobody can make you feel guilty. There will always be people you can't please, but if you reach for that level where you feel totally confident, then nobody can make you feel anything negative," says Lishman.

Field guide to flaking

Getting out of social functions is a delicate art — so delicate that a lot of the time we say yes just because it's easier. But a calendar rammed with awkward/tedious/boring parties is no fun either.

"Often we accept an invite to keep someone else happy," explains life coach Lisa Phillips of amazingcoaching.com.au. "We all want to be liked, but often saying yes to everyone else means really saying no to yourself." Being able to decline an event and ride out the wave of guilt that follows is a behaviour you learn by practising. "It's uncomfortable but it will pass," Phillips says. "Try to recognise it as a process and know that it's perfectly alright to be assertive and keep the focus on you and you alone."

To put yourself in the very strongest position for the whole season, Phillips recommends keeping a 'love journal' where you spend a few minutes each day jotting down positive affirmations about yourself. It seems too simple to work but you would be surprised. "It's about respect and self-care," she says. "If you are feeling good and OK with yourself, you're more confident and able to cope. And if you're down on yourself, everything will be more of a struggle."

When there's a function you can't skip, it's time to dial the self-talk up to Oprah level. "Set yourself up by telling yourself you'll be OK and those types of self-soothing behaviours," Phillips says. "Keep your body language in check and set yourself one little task, like talking to two new people." If you're feeling bored or exhausted, other party-goers will be too, so identify an ally. Then when you have done your duty, you've earned that quick French exit and some downtime. ➔

Here's a picture you will never see on a Christmas card: a drunk 26-year-old twerking a plastic reindeer at her work party or a cute 24-year-old scoffing more than a few supermarket mince pies in bed, while maxing out her credit card on matchesfashion.com.

And yet, quite a lot of the time those scenarios are a truer representation of the holiday season — an alcohol-fuelled mash-up of huge exhaustion, emotion and awkward social situations... all with an unpleasant calorie and credit-card chaser. Oh, and you just put on five kilos. Merry freaking Christmas!

"Christmas is supposed to be this really amazing, magical time," explains psychologist Marny Lishman. "We have all grown up thinking of it that way, but then you're in adulthood and suddenly it becomes a major stressor. It can be so exhausting and take such a toll on your body, you almost start to dread it."

And while we're fed an endless loop of ideals — eggnog, Tiffany & Co. boxes, seasonally implausible ice-skating — the reality rarely matches. It's more like

suffering a massive hangover, getting jammed in the Westfield car park and enduring never-ending family conflict.

"Most of us idealise what Christmas is supposed to be like and the reality is usually different," agrees Lishman. "And that gap can lead to big disappointment."

Well, not this year, ladies. This season could be your best ever because CLEO's gift to you is this comprehensive guide to helping yourself shine through the festivities. And nope, you can't exchange it for store credit, so don't even try.

Christmas countdown

Getting your prep on is the first step to crushing Christmas. Even if you're some sort of self-care guru through the other 11 months, there's something about this time of year that puts a squeeze on your wellness strategies — when actually it's the time to step them up.

"The tools and techniques that help you at this time of year are ones that you would use year-round," explains Lishman, whose Stressed Goddess online program works like a mini doctorate in self-care (marnylishman.com). "Being organised, managing your time, looking after your

★ XMAS SINGLES

If you're unhappily single right now, there's nothing better than spending the entire Christmas season surrounded by loved-up couples. No, hang on, it's the EXACT opposite. Being the only person without a plus one can feel like some sort of seasonal torture and it's "easy to become focused on your lack of a partner", says Melanie Schilling, a relationship strategist with eHarmony. "But you have control of your thoughts and it's your choice whether you act like a left-out single girl or the real life of the party." So, with the help of eHarmony, we have pulled together the best single girl survival strategies. And hey, none of them even involve vodka!

1 Know your strengths

Identify three awesome things about yourself and keep them in the front of your mind during hard social situations. Like "I'm witty", "I'm well-read" or in the worse-case scenario, "I'm amazing at finding taxis". Sharing a little anecdote here and there that illustrates one of your key strengths will help you focus on it when you are in the hotseat.

2 Create your own Christmas mantra

Now repeat after us: "I have lots of offers", "My next relationship is just around the corner" and "That couple grinding against the bar over there have sub-optimal social skills" (OK, so maybe not that last one). Rehearsing truths to yourself, out loud if possible, will help to make you a much stronger person.

3 Check your self-talk

If you tell yourself, "This party is going to be a disaster," it probably will be. Tell yourself: "I can't wait to chat to some new people," and you never know, you might even have a little fun.

4 Flirt yourself happy

You don't want to let yourself get stuck in the corner with the one (we-can-see-why) single guy. Circulate, move, flirt and try hard not to feel sorry for those couples who aren't allowed to.

5 Phone a friend

Find another single friend and arrange to debrief with each other after the toughest events, swapping those stories about how you brilliantly out-smarted your inner critic and how hot you looked doing it. And be sure to raise a big glass to how fabulous you both are.

6 RSVP to your own pity party

...with a polite 'No, thank you'. Negativity is a terrible colour on anyone and starts a downward spiral that won't help you find love in the long run. Do whatever you have to do to stay positive, like working out, beauty treatments or buying gifts — for yourself, obviously.



★ HOLIDAY HAZARD: COPYCAT EATING

Australians gain an average of 0.8kg to 1.5kg over Christmas, according to Nutrition Australia. And while we're across all the usual festive food traps — from those break-room Christmas cookies to the Kris Kringle Toblerones — new research from the US has found that our tendency to mimic the eating patterns of those around us (in terms of serving size and food choices) may be a bigger contributor to unwanted weight gain. Since Christmas is the time of all-in, practically-compulsory, you'd-be-weird-not-to overindulgence, it's too easy to exit the Christmas season with your own Santa belly. Dietitian Julie Masci recommends these five strategies for shutting down copycat eating.

1 Listen to your internal monologue

Are you eating what's in front of you because it would be "rude not to" or because "it's festive" or "[insert some other bogus excuse here]"? If you have to justify a food choice to yourself, you already know you don't need it.

2 Hang out with the healthy crowd

You know which of your friends eat well and which ones are prone to drinking from a chocolate fountain like it's a school bubbler. At social functions, stick with the first set and you will automatically do as they do.

3 Keep your hands full

At a stand-up function, holding a bag/water/camera/giant inflatable Santa/whatever will physically stop you accepting every single passing appetizer.

4 Try the rule of three

When you are dining out and dessert time hits, by all means go ahead and order, but know that the 'first three bites will be the best so leave the rest'. Damn, that would be an awesome bumper sticker.

5 Practise mindful eating

Stop! Do you even like what you are about to eat or does it just happen to fall onto your plate? If it's the second one, step away from the buffet.



★ THE OFFICE PARTY: HOW TO SABOTAGE YOUR CAREER IN ONE (REALLY BIG) NIGHT

You've worked hard all year, so now it's time to let your hair down and undo your hard-won reputation! And with tongue firmly in cheek, business etiquette expert Danielle Di-Masi will help you destroy your career in five easy steps.

1 Get wasted

Getting falling-down-drunk, preferably before anyone else, is a great way to show your senior management that you cannot manage yourself — but can still totally be trusted with clients/ bigger accounts/more responsibility.

2 Lose your shoes

Shedding your footwear and then dancing with any inanimate object you can find — on the bar if possible — screams 'management material'.

3 Vent

The office Christmas party is, of course, the perfect time to let your boss know how you really feel about her and how you think she could raise her game a little. And if possible, combine your outburst with the onset of white wine-induced weepiness while finishing off with a prolonged but unrequited cuddle.

4 Hook up

Treating work parties like a massive singles event is what grown-ups do. After all, you don't want to wake up regretting nothing at all on Monday morning, right?

5 Be the last to leave

Right before you close out the bar for the night, be sure to send off a company-wide email while you're still drunk and a tweet in which you hashtag the company, to do as much reputation damage to yourself and your organisation as humanly possible.

★ CONVERSATION STARTERS 101

Alright, alright, settle down class. End-of-year functions, whether they're social or for work, can throw up a bunch of conversational hazards. So that you don't, er, throw up too, here are three of the most common problems and our favourite fixes.

1 Talking to new people

When you find yourself chatting to a stranger, panic can make you go waaay too personal: "Are you single?", "So when are you having kids?" even though we all hate these questions ourselves. In small-talk situations, your aim should be finding what makes that person really light up so instead of going straight for their relationship status, try to find out what their interests are and they will take care of the rest.

2 Joining a group

Entering a full room is intimidating so identify a loosely formed group (i.e. not an emotional one-on-one) and tap one member on the elbow and introduce yourself while stepping into the circle. The group will stop talking and look at you — it's human nature — but a polite "Hi, I'm Jess, please continue" will let them resume and you're in.

3 Public speaking

We all hate talking in front of a big group so ease your nerves a little by recognising that your listeners want you to succeed. You don't have to be funny (nerves + attempts at humour = disaster) so be genial, on point (are you there to thank people, wrap up the year or toast someone?) and finish decisively by letting your audience know what's happening next, i.e. "Thank you for your time, now please continue to enjoy your drinks".

★ SURVIVING THE RELO BASH

"This year will be so different!" those of us who missed out on Nancy-Meyers-movie families always hope, but it's rarely the case. And by 'rarely' we actually mean 'never'. So if your extended family could show the Lannisters a real thing or two about disastrous gatherings, let go of all your low expectations and instead aim to look after yourself with these four go-to strategies.

1 Timebox it

Remember, you're an adult now. You really don't have to sleep over on Christmas Eve (in your childhood bedroom) and spend all of Christmas and Boxing Day with your difficult clan if you don't want to. Decide how much family time you can handle. Let the host (aka Mum) know firmly and kindly beforehand that you'll be stopping by from 12 till 5, and then stick to your schedule, no matter how much criticism/fury/passive aggressive we're-just-so-hurt talk comes your way.

2 Beware of TMI

Families have a weird way of making you spill your business the very second you sit down, but guess what? You don't have to surrender your personal intel just because they enquire. Keeping some of yourself back is actually empowering and helps maintain a real sense of yourself as a now-separate individual. If your family's interrogative powers are close to prison-camp quality, arm yourself with a few set responses before the "So, still no boyfriend?" questions inevitably come.

3 Play favourites

If there's that one cousin/aunt/stepbrother you can feel almost sane beside, stick to them like fake snow on a plastic tree. And in failing that, do your best to keep busy and work that hors d'oeuvres tray like it's Wonder Woman's shield.

4 Emergency exit

And if it's all a little too much? We hear there's some awesome deals to the Maldives at this time of year... Merry Christmas, Me! Love from Me. 📱





Sali (left):
Heroine Sport Breath Tank,
Heroine Sport Windbreaker
in Camo, Onzie Tuxedo
Leggings, Valentino heels.

Julie:
Julie's own adidas by
Stella McCartney jacket,
THE UPSIDE Dance Pant in
Black, Balenciaga wedges.

Sprinting to success

When twin sisters **Sali** and **Julie Stevanja** saw a gap in the activewear market, they created online shopping hub stylerunner.com, turning over a million within 12 months. Here's how the pair established a global internet empire.

CAREER TIPS

For Julie and Sali's mini career seminar, download the free **viewa** app from the App Store or Google Play and scan your phone or tablet here.





"If you're the smartest person in the room, you should be in another room," says a sparkly Julie Stevanja as she shares her inspirational career quote. "You just need to surround yourself with people who you can learn from." And we can definitely take a leaf out of her book today. Despite working till 2am the night before, a distinct lack of sleep didn't stop Julie from arriving at our 9am photo shoot early.

It's this work ethic that has seen Julie and her twin sister, Sali, become market leaders, heading up what they've positioned as the "world's premier online shopping hub for fashionable activewear". It took three-months hard work and planning for the sisters to launch this website, which has been successfully running for two years.

"We started as consumers," says Sali. "Julie was living in London, me in Sydney and we'd Skype each other to ask if we'd seen any good gym gear. The answer was always no. Shopping in stores like Rebel wasn't really for us because it seems so big and masculine. We'd seen smaller labels online but it was a light-bulb moment where we went, 'Hang on, there is a gap in the market here.' From there, Julie and I spent three months making a business plan, quit our jobs and launched."

Aimed at the fit and fierce girl who loves fashion, the Stylerunner story began to take flight. They openly admit that while friends and family believed in the girls' dream, not many thought the idea would work in the capacity that the 33-year-old sisters had envisioned. But now, pulling in nearly a million page views a month and with more than 172,000 followers on Instagram, Julie and Sali have proven many of their sceptics wrong. On the set of our CLEO shoot, the entrepreneurs give us a very informative crash course in starting, and sustaining, your own business.

What sorts of expenses did you incur when you started out? And how did you manage to save for it all?

Sali: "We were in the fortunate position of already having money behind us for the business but we did spend about five times the amount of our initial budget."

Julie: "A lot of money was spent on creating the website but buying the stock was the major outlay for us. We then had to pay for graphic designers to come up with our homepage and ads. Our first staff member was a really big expense too; you really need to make sure you're looking after them."

Sali: "Things like taking clients for coffee or buying the tissue paper for us to wrap our products in really adds up actually."

Julie: "Also getting trademarks costs money, especially if you are planning on expanding to the UK or the US."

You often see two people who work together, one as a right-brain visionary and the other with a left-side analytical brain. Are you like that?

Julie: "Yes, I think I am probably the visionary. I'm always thinking about where our next distribution centre is going to be and what the brand is about, while Sali gets all the work done on the ground like making sure the staff are looked after and the parcels go out perfectly. We make a great team."

Sali: "We always say Julie sets the vision and I help deliver it to all our customers."

"At times we've had to make major sacrifices for the business. I had to miss my best friend's hen's night even though I was a bridesmaid."

Once you had created this online hub, how did you convince clients to house their products with you?

Julie: "The first thing we did was get one brand on board that helped us set the tone of where we wanted to go. It was a small brand out of Brazil that had beautiful campaign imagery. We used one of those shots as our holding page which created the tone for this beautiful, sexy, cool new era of activewear. We also started a database where people could sign up and get \$10 off their first purchase for the launch. From there, we were able to sell the story to all the other brands we approached."

Three months to launch a website is not long. How many late nights were there?

Julie: "We moved into our first office where we had a modular sofa that was there to have naps on when we were working past midnight and sometimes 2 or 3am. We'd take a power nap, get up again first thing the next day and just keep emailing brands in the US and UK."

Sali: "Having said that, we've decided to

introduce a rule in the office that no-one should work past 7pm. We have found it to be really beneficial to the work culture here. We have a really ambitious team who are all hardworking go-getters."

Did you have any setbacks or challenges that you were not expecting?

Sali: "Hiring staff for your own business can be hard. You employ someone because you genuinely believe in that person being able to deliver. And when someone doesn't work out, you do take it personally but at the same time you

have to protect that dream, not just for yourself but for your team so you have to make some tough judgement calls."

Julie: "And anyone who is going to start a website needs to know there are going to be technical issues. Our site went down for a week once and we just turned it into a marketing campaign. We promoted it on our social media as 'a new-look website is coming soon!'"

Sali: "At times, we've had to make major personal sacrifices for the business. I sadly had to miss my best friend's hen's night, even though I was a bridesmaid!"

Instagram is huge for you. How did you build it up in such a competitive arena?

Julie: "I think just by sharing content that we really love, whether it's a pair of cool Nikes, girls who inspire us or even healthy, empowering food. If we're sharing images we love, we know there will be a girl out there somewhere just getting inspired solely by the look of it."

Sali: "It's about creating a vision board. Nike uses the term, 'She uses social media as a diary' and I love that." 📸

SALI AND JULIE'S TOP PICKS



1 Swimsuit, \$299.95, Duskii. **2 Tights**, \$120, Body Science.

3 Bomber Jacket, \$259, Suboo. **4 T-Shirt**, \$285, Lucas Hugh.

5 Bikini top, \$94.95, and bottoms, \$129.95, Duskii. All available at Stylerunner.com.

Be your own



SUPERHERO

Sick of waiting for him to realise this girl is (definitely not) on fire? Come to your own rescue with our tips for fighting bedroom awkwardness. Because problems between the sheets *can* be fixed.

PROBLEM: *He's a bad kisser*

► **Picture this:** Just the mere sight of your guy bending over to pick up his keys for work in the morning leaves you weak at the knees, however his kiss goodbye is sloppier than a McDonald's milkshake.

► **Best not to:** Dramatically wipe your mouth dry with your sleeve when he pulls away, then begin to crack a few jokes about 'drowning' in his affection.

► **Superhero solution:** Désirée Spierings, director of Sexual Health Australia, explains (that's right – we went straight to the big guns): "You need to be like his teacher. Only you know how you would like to be kissed, so the best way to teach him is by showing him without telling him it's what you're doing. It's important not to ever mention anything while he's kissing you because it will kill the moment. Start by telling him what you're enjoying while you're teaching him – so he learns through positive reinforcement. Just remember practise makes perfect!"

"It's important not to ever mention anything while he's kissing you because it will kill the moment."

PROBLEM: *You have a higher sex drive than him*

► **Picture this:** You're showered, buffed, moisturised and are wearing nothing but a towel. You sidle up to your beau only to be shrugged off in favour of the football/Xbox/sleeping. Wait... sleep? Is he kidding?!

► **Best not to:** Cry hysterically and then accuse him of having an affair.

► **Superhero solution:** Sex therapist Christina Spaccavento tells us that: "If he's saying 'no' more than you would like, you need to find out why. Do you like sex at different times of the day? Is there something about your approach that isn't working? Is he just overworked, stressed and tired? It's normal that a couple's sexual desire won't match up exactly, so negotiate frequency and the time of day to make you both happy."

And Spierings agrees. "It's not uncommon after the honeymoon phase is over for the couple to be left with mismatched libidos," she says. "The main thing is for your partner not to feel pressured to have sex. As soon as he feels pressured, he won't be able to get aroused. Suggesting non-threatening intimate encounters (think: massages) is the best remedy to get his desire to kick in and for him to want to have sex. It's also helpful to give yourself permission to masturbate when you feel like you're getting sexually frustrated. And chances are that this will result in a less negative impact on the relationship."

PROBLEM: *The two of you can't get in a rhythm*

► **Picture this:** You're both bouncing around like a couple of kids in a ball pit, but you couldn't be less in sync if you were a Britney Spears live gig.

► **Best not to:** Say, "Wanna just give this a miss and go for pizza?"

► **Superhero solution:** Spierings explains: "Think about this – when we see a couple dance the tango and they are thinking about their steps, it can be an awful dance to watch. It doesn't flow and you can even see them thinking 'left, right, left, left right'. But when a couple dances the tango from their hearts, they just feel the music; they're not thinking it, and it's beautiful to watch. It's the same thing with sex – if you're thinking about what you should be doing or not doing, or about the rhythm, it just won't flow. Stop thinking about your steps and start feeling it! So, you can begin by focusing on how his touch or his kiss feels on your body and take your brain there. Before you know it, you'll be dancing in the bedroom." ➔



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PROBLEM: He just can't get it up

- **Picture this:** Hot date: tick. Foreplay: tick. A man who's, err, ready? Not quite.
- **Best not to:** Say to him, "Don't worry, no hard feelings! Seriously, I'm confident something else will come up later!" And then start scrolling through #flaccid.
- **Superhero solution:** Sexologist Amanda Robb says: "There could be many reasons your man can't maintain an erection, however, what many people don't realise is that the cause often lies *outside* the bedroom. Things like heavy drinking, smoking, medication, a high-stress job or anxiety are all culprits. Be transparent with your partner in sharing the link between erectile dysfunction and the common causes in a non-judgemental way. He'll be relieved that it isn't about a faulty performance, but something non-sex related, which is hopefully very easily addressed."

PROBLEM: He finishes a little too fast

- **Picture this:** You're just getting started and he's raced right to the finish line. Heck, you've had bowel movements that have lasted much longer than this.
- **Best not to:** Start calling him Speedy Gonzales and then take to issuing him with fake speeding tickets.
- **Superhero solution:** Remember, slow and steady wins the race. "Sex is very much a learned behaviour," says Spierings. "On average, men last seven minutes, so it's not normal to expect a man to last much longer than that. A solution is to increase the frequency you have sex. Additionally, try to stop-start the sexual intercourse process. So while he's thrusting, stop moving and hold him while he stays inside you, then start again. Plus, try having sex for a while, then stop and go back to foreplay without touching his penis and pick up having sex again a bit later. This way he trains his body to last longer."

PROBLEM: His apartment has paper-thin walls and his flatmates can hear everything

- **Picture this:** Candles, music, the scene is set. Only, you can't relax because you can hear his roomies watching YouTube videos and cooking dinner in the kitchen.
- **Best not to:** Start screaming, 'Yes! Yes, that desk looks great there! Now move the bookshelf!' No-one is ever going to believe you're actually moving furniture.
- **Superhero solution:** "Most couples are going to have a better love-making session when they have 100 per cent privacy," says Elaine George, director of Sexology Australia. "The mind plays an important role here because as long as the couple is ensured privacy, they need to learn to let go of the rest. To enjoy the added variable, they need to muffle their sounds of ecstasy instead of amplifying it." But if the problem is the hardware? "If it's a loud bed frame, move your shag session on to the floor," says Robb. "Use a yoga mat, or get experimental against the wall. If your sex life is lacking due to your fear of being heard, improvise and enjoy trialling quieter places to have sex."

PROBLEM: He goes limp when he sees a condom

- **Picture this:** It's hot, it's heavy and it's happening. You reach out for the glove of love only for him to recoil like a small child when confronted with a large dog. How can a man be afraid of 0.07mm of latex. How?!
- **Best not to:** Shrug your shoulders and have sex without using one.
- **Superhero solution:** "It's not the condom that's the culprit. He's had a negative thought that's distracted him," explains George. "He might be worried about getting you pregnant or stressed with something at work – your man has this whole subliminal thought process going on inside. It's a self-perpetuating thing, too, so you need to be understanding, reassuring and not focus on it." And if he insists it really is all to do with the condom? Robb knows what's up. "The age-old 'it doesn't work with a condom on' whinge. I can assure you that it does – it just takes a little getting used to," she says. "So, don't let him talk you into going bareback if you're not ready or haven't been tested. Try using the condom in foreplay instead. Begin by placing it on when you're manually or orally engaged in foreplay so he can begin to adjust to the stimulation with a condom on. Also, you could ask him to masturbate with a condom on so he can recondition himself to the sensations of using one." 🍷

PROBLEM: He takes waaaaaay too long to finish

- **Picture this:** You thought the chaffing you got after that half marathon last year was bad. Well, that was a picnic in the park compared with this drawn-out grind.
- **Best not to:** Check your watch. Sigh audibly. Reach for the remote and turn on the TV to see what Sonia Kruger's wearing on the *Big Brother Live Eviction* show tonight.
- **Superhero solution:** "Take the lead by seducing him into a 'quickie,'" Robb explains. "Initiate sex when he's least expecting it and be clear in stating how you want it quick and fast. A lot of the time sex is habitual, so when in need of a good tweak, we need to break up the pattern and recondition how it happens. I can assure you, if you take him by complete surprise and decide to jump him on the couch while he's watching *The Big Bang Theory*, he'll be so sexually excited, he'll master the quickie straight up!"



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BECOME A MILLIONAIRE IN 5 YEARS

Before you disregard this story because your bank balance currently sits at \$267, let us tell you this: you're actually the best candidate to add zeros to your account. We're not joking.

If you're the kind of person who doesn't think twice about dropping your hard-earned cash on the latest handbag or killer pair of heels, you could just be the perfect person for investing and making your first million in the process. It's all about "making sure your money works for you". There are three different avenues for you to consider when planning to build wealth: investing in physical assets such as property; investing in paper assets like shares, bonds or managed funds; and, finally, starting a business. But don't freak out at the finance speak — these three options are much easier than you would ever imagine. All it takes is a decision to become more savvy, a focus on educating yourself and a bit of solid action to make it all happen.

"For women in their twenties, they really should be thinking about it now," says Barbara Turley, wealth strategist and founder of Energise Wealth (energisewealth.com). If the money game has always seemed too scary, it's time to change your frame of mind because Turley believes that in as little as five years, anyone can become a millionaire — you just need to be very prepared to put in the hard yards. "Most women see money as an ugly thing and associate it with *The Wolf of Wall Street*, but we need to change that. It's a tool that we can use to bring our greatest dreams to life," says Turley. Equip yourself with the right information and you'll be ready to walk the path to wealth. So, don't let a lack of cash hold you back any more.

PATH ONE: INVEST IN PROPERTY

When it comes to making money in property, there are two ways it can happen: from the rental income and from the increase in the property price. Often, it's a bit of both. For instance, if you've got a \$50,000 deposit and get a mortgage of \$500,000 and the property price goes up by 10 per cent — voila! You've just doubled your own \$50,000 investment.

"But before you consider investing, you need to get educated on the property market, how interest rates affect property prices, and the property cycles," advises Turley. Remember that property prices can also go down. Chatting to your bank or a good mortgage broker is the best place to start. You'll get a picture of how much you can borrow and what your repayments will be before you start falling in love with that adorable one-bedder you found online.

Before diving into it, Turley says it's also wise to have some extra cash in the bank as a buffer and to not stretch yourself too thin with your mortgage. You should aim to pay it off ASAP so that you are the one building wealth from it, and not the bank! "Often, it's much better to go for a cheaper property and pay it off faster so you avoid paying too much interest over the life of the loan," says Turley. A mortgage doesn't necessarily mean you'll be in debt for the next 25 years — it's possible to pay it off in five years, says Turley. You will need to pump every penny into it, but then you'll see the money beginning to roll in.

PATH TWO: SHARES AND BONDS

Not sure what the difference is? "Shares are when you buy a percentage of a company and become a part owner so you literally share the ownership with lots of other people," says Turley. "The reason you would buy a share in a company is to have access to their growth and profit."

A bond is where you can loan money to someone like a government or a company. "They pay you an interest rate and then pay you back the money after a certain term." So, if you buy a 10-year government bond, the government is basically saying they'll take your money, put it to work, pay you an interest rate and pay you back the lump sum in 10 years' time.

Websites like commsec.com.au make it easy to buy and manage shares — it's just like an online banking account. These sites often have all the research you'll need so you can weigh up whether it's a good buy and if the shares will go up in price.

PATH THREE: START-UP BUSINESSES

Want to be super rich? Of course you do. "The majority of the self-made billionaires in the world are entrepreneurs," says Turley. If you've always wanted to start your own business, the most crucial first step is to find a gap in the market, or a need that a particular person has, and then work to fill that gap or need. For instance, if you want to open up a new clinic because you are a nutritionist, you need to consider why someone would come to you — what's the need you're going to fulfil? "You want people to stampede to your office. Once you have got this right, the money will start to come in," Turley says. "Just don't jump the gun and start investing in beautiful offices — you need money to be coming in first." Often in the first year, you won't make any money, so having savings is crucial. "The reason most businesses fail is because the money runs out, not because the idea wasn't good enough." 📌

Finding the right path for you

So, how do you work out which option is best for you? "You need to consider how much time you have and the amount of interest you have in getting involved," says Turley. Property and running your own business are not as passive an investment as shares. It's all about finding what suits you. And hey, you're already doing it. "All Australians are already investors thanks to compulsory super — you're contributing to your own investment fund," says Turley. "You have the power to control it and it's growing each day so you need to take an interest. Add extra repayments and watch it grow." Win, win.

HOW TAVI TOOK OVER

From fashion blogger and front-row regular to magazine editor and Broadway actor, **Gyan Yankovich** gets to know the teenager nobody should ever dare to underestimate.

Tavi Gevinson is no rookie. In fact, she's the complete opposite. This 18-year-old is the super-feminist Emma Watson asked to proofread her powerful *HeForShe* speech before its UN delivery. She's the writer Lady Gaga referred to as "the future of journalism". She's the fashion veteran who let Alexa Chung crash her bedroom. She's perhaps the only person who could perfectly end this kind of interview by walking into her wardrobe declaring: "The plan now is to just move to New York and go dancing."

At age 11, in her Illinois family home, Gevinson decided to start a fashion blog, the now defunct *Style Rookie*. And this blog amused more than 30,000 readers per day, earning her a seat at New York Fashion Week next to Anna Wintour. But then in 2011, post-Wintour encounter, Gevinson wrote on *Style Rookie* that she may be done with fashion, noting that she'd wrongly allowed herself to "join the rows of sullen-faced people who looked as though they secretly wanted to be at home... wearing comfortable clothing and eating fattening food." Preach.

Three years on and well past her front-row days of dressing up "like a grandmother on ecstasy", she has focused her attention on new projects, like her website *Rookie* (rookiemag.com). The site, which broke one million page views within five days of its 2011 launch, depicts itself as an "online publication for teen girls featuring writing, photography, videos, illustration and more". In a TED Talk Gevinson gave about being a feminist teenager, she describes *Rookie* as a place where girls can figure things out – and by things she means *all* things – with daily posts about style, sex, books, music and everything else in between that definitely doesn't feel like it's just for teens.

This busy multi-tasker has released the *Rookie Yearbook Three* (an annual edit of the best content from *Rookie*) and just wrapped up her Broadway debut in *This Is Our Youth*. So we count ourselves lucky that Gevinson had time to chat to us about the wisdom that's allowed her to be the ultimate Girl Most Likely To.



You refer to your integrity as your "core me", which we can lose sight of at times. How can we find our own core selves?

"By listening to other people – not advice per se, but things like music, artwork, writing – you just soak everything up like a sponge and glean lessons from them beyond the moral of a book or the role model teachings of a popstar. You find the secrets of how to live. And without needing to force it, you start to pick up on your own lessons from these things and give them your own meaning."

Can you tell us about the last thing that made you feel really, truly alive?

"Since moving to New York two months ago, I had a night where my roommate [Rookie photographer Petra Collins] sat in my bed while I hung posters on my wall, and we listened to records and ate popcorn. I feel like the equation of 'thing you find beautiful' (in this case, a Bowie record, or a Supergirl poster) plus 'person you love' is bound to equal feeling alive. Like sharing stuff you love with people you love. What did Lester Bangs say in *Almost Famous*? That the truest currency there is, is what you share with others when you both feel uncool? It's that."

So how do you choose the people who you want to be in your life and work?

"There's a great Amy Poehler quote about this that inspired an article Hazel Cills wrote for *Rookie* called 'Kick 'Em To The Curb' [which is in *Yearbook Three*]. She says not to spend time with friends who

make you feel bad about yourself or just about life. So I follow that, end of story. When it comes to *Rookie*, we hire people because we like their work, and then this wonderful thing takes place where they happen to be an awesome person too, and become part of this well of support we all have for one another."

What do you think (or perhaps hope) the future holds for women and feminism?

"There are approximately one squillion areas of the world and life that should be better for women and for all people. It's so overwhelming that I can't even conceive the big picture; I can only keep going, and view my life and work through a feminist lens, and then so I don't get too comfortable, create bigger goals for myself or for *Rookie* along the way."

You've said you've felt there is a conflict between being a feminist and loving fashion. How did you overcome that?

"I loved fashion before I understood that I was a feminist, so by the time I saw any contradiction, I couldn't deny that the relationship I'd had with fashion was not oppressive. For me, it had actually been a way to self-actualise, assert my own identity, wear stuff that wasn't always flattering or trendy to challenge myself and others, and I find that feminist. So, to any other girls who feel like 'walking contradictions', I would say to embrace those contradictions instead of feeling like you have to pick a side. I am definitely a feminist; I don't think my appearance is the most important thing about me – but I like wearing make-up, and often for reasons completely vain."

How important do you believe it is for people to have their own style?

"It's only important if it's important to you. If you have no desire to spend time putting together a real look every single morning, don't worry about it! For me, the outfit I choose in the morning is like breakfast; it affects the rest of my day."

If you had a life motto, what would it be?

"I have about 30 that have become like reflexes when I feel down. Right now, I have a piece of paper on my wall that says: 'You have nothing to prove.'"

TAVI'S FAN CLUB



• Gevinson got the chance to interview Lena Dunham in February 2013. Plus, Lena had her check out the set of *Girls*.



• When *Rookie Yearbook Three* first hit book stores, Mindy Kaling posted a selfie to Instagram, as she posed with her brand-new copy.



• Taylor Swift was Gevinson's first port of call after a big break-up. "Who better to discuss it with than Taylor Swift?" she explains.



Rookie
Yearbook
Three (\$32.99,
Penguin) is
out now

A man and a woman are standing in a grassy field, holding up a large, vibrant red heart-shaped balloon. The woman is wearing a green dress and yellow heels, while the man is wearing a plaid shirt, dark pants, and a hat. They are both smiling and looking at each other. The background shows a line of trees and a house in the distance.

IS TINDER OVER?

With some serious horror stories of late, are we all now swiping left on this popular dating app?

Type "Tinder" into Google and the second thing to come up is "Tinder pick-up lines". Which, if you've never used it, should give you a good indication of how it works. But just like with any dating platform – including a good old meeting IRL – everyone has his or her own reason for starting up a conversation. Whether it's for a good time or a long time is up to you to determine. But then... that's dating. The difference is, it's a lot easier to balls up to someone and say, "Sex?" in the cyber world than the real world. There's much less chance of getting slapped, for one.

The juggernaut

Tinder has more than 10 million users worldwide – 1 million of whom are Australian, making us the third largest user of the app in the world. The Tinder powers-that-be also report there have been at least 300 marriage proposals to date. Those 600-plus people would surely argue it doesn't matter how you meet The One, as long as you do; online, offline or in line at the supermarket. But what if you're not looking for Mr Right, you're just looking for Mr Right Now? That is, arguably, what most people think Tinder is for, after all – the hook-up app for straights, gays, couples looking to add an extra man to the bench and anything in between. And let's not forget that Tinder's self-description in the App Store is "the fun way to connect with new and interesting people". The word 'dating' isn't ever mentioned.

How people use the app has, of course, always been up to the individual, and the perceptions surrounding it are varied – it's only for casual sex, it's like online dating for lazy people, it's just a game and not to be taken too seriously. But with 26-year-old Warriena Wright falling to her death on the Gold Coast in August while on a Tinder date, and an unnamed 28-year-old woman reporting being drugged and gang raped after a Tinder date in Sydney in early October (she later retracted her statement based on lack of evidence), safety issues have been swiftly and brutally dragged into the spotlight. Is it online dating that we need to be wary of, or the hook-up culture it breeds among its users?

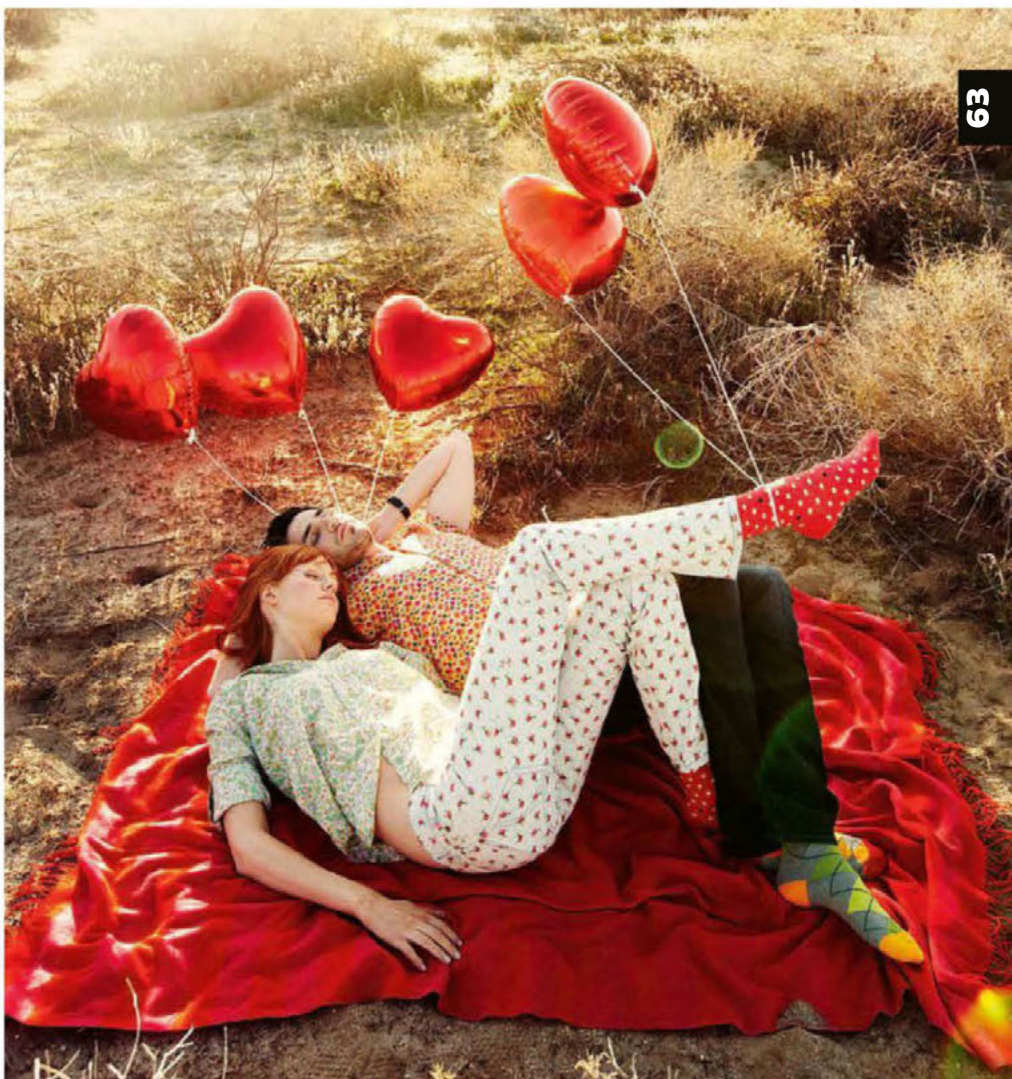
New way to hook up

In response to the said spotlight, the App Store has since changed the minimum age restriction for members of the popular app from 12 to 17 years of age, with many other lesser-known dating apps following suit. Tinder has also announced plans to monetise extra features not related to dating, to be rolled out over the next few months. But has the damage already been done? Has Australia now gone sour on Tinder? "Most Aussies don't seem to take these apps too seriously," says eHarmony spokeswoman Marie-Claire Ducharme Sayers. "They understand that a genuine, long-lasting connection is based on a deeper level of compatibility, which can be really difficult to find with the photo- and location-based apps."

Of course, there's still the problem of those just after a casual hook-up. "The trend we've noticed is people are

now accessing several online and mobile platforms simultaneously to meet their dating needs," says Ducharme Sayers.

"For example, casual dating apps are popular with younger people who enjoy the social nature of the experience – it's a diversion they can engage in with their friends." So essentially dating is now like getting dressed in the morning... what you want from the day determines what pair of shoes you put on or platform you fire up. "Because people are looking for different experiences, there's a market for different platforms when it comes to the world of online dating and its various forms," explains Glenis Carroll, general manager of RSVP. "There's an array of sites and apps out there which cater to a wide variety of personal, sexual and relationship preferences. Our research shows that singles come to us when they want to increase their chances of meeting that someone special; someone who displays relationship potential." ◆





THE GOOD, THE BAD AND THE (NOT SO) UGLY

Read: One couple loved Tinder so much they started a blog about it: rightswiped.wordpress.com

Join: The Facebook page dedicated to Tinder horror stories: facebook.com/tindernightmares

View: Confused? Just look at this collection of hot guys with baby animals instead: hotguysandbabyanimals.com

The kiss principle

Of course, Tinder's simplicity is also a big part of its success. No forms to fill out, no lengthy profiles to update – you can be up and swiping in a matter of seconds. And for some, it's proven the kindling that fired up a blazing new relationship. "I met my current boyfriend on Tinder," says Bree, 29. "We've been dating almost a year now and he met my parents last week. He was the first guy I met on Tinder after talking to a few others and we just hit it off instantly – I think he might be the real deal!"

For others, it's intruded on their lives in ways they couldn't have imagined. "I was with my boyfriend for almost three

years," says Kristee, 28. "We met through mutual friends at a bar and moved in together about 18 months later. Then one day, I was having drinks with a single friend and we were playing around with Tinder on her phone. Suddenly, there he was: my boyfriend... on Tinder. My heart sank. I confronted him and we ended up breaking up over the whole thing."

And therein lies the quandary for singles who are looking for more than a one-night stand. How can you be sure they are who they say they are? That they're not married or after something more sinister altogether? Being clear about what you want from your ventures on the internet has to be the simplest way to avoid

disappointment – there's no shame in admitting you want a long-term relationship. Remember that, if nothing else, wanting the same mutual outcome is necessary for a successful foray of any kind: business, personal or other.

Dangerous liaisons

So if a hook-up isn't what you're after – but you're an app-savvy lass with swipes to burn – what's the alternative? Founders of a new app called Pozee think they've found it. "People don't want to advertise themselves in a public catalogue," says Courtney Hayes, who created the app in collaboration with his sister Joanna. "We're not anti-Tinder,

mind you. Everybody has their different tastes and there can be no denying that Tinder's been a tremendous success. But people want to feel earned, not picked from a shelf. Sure, it's great to have the shelf brought to you on a regular basis so you can enjoy the simple pleasure of a good browse, but if the object of your desires is a life partner, you can't shortcut or trivialise the courtship."

So how is it different? Using your phone's location services, the app shows you who's single and open to being approached within 50 metres of where you're standing (and, of course, also using Pozee, presumably). "When you eliminate the uncertainty about whether another person is single and open to being approached, you eliminate a large part of the fear of rejection that often holds people back," says Joanna. "While the idea of approaching others might not work for everyone, for many it's a welcome return to meeting people face to face." So, how is it safer than any other dating app? "There are a number of features and restrictions built into the app's design to ensure users (and, in particular, women) feel safe when using the device," says Courtney. "These include no private information disclosed publicly, a choice between visible and private modes, no tracking or mapping – users must be within 50 metres of each other to appear on each other's devices."

The end

Of course, Tinder doesn't cause death or rape or broken hearts – people do. Being mindful of and responsible for your own safety should be paramount. The fact these stories have surfaced as a result of Tinder dates could simply point to the app's popularity more than anything else. At some point, every friend was once a stranger and that first step towards trusting someone is a leap of faith, a gut feeling. Trusting yourself to make sound decisions is the best place

to begin, wherever you met them. What Tinder has done is change the stigma of online dating in one fell swoop – for better and for worse. "The popularity of social media has led to a heightened awareness of dating apps and services like eHarmony – it's also had an impact on reducing the stigma once associated with online dating, especially among younger people," says Ducharme Sayers. "But our concern with casual dating apps is that they match users randomly, based on very superficial compatibility. True compatibility is based on factors such as your personality, core values and beliefs, and is fundamental to the long-term success of a relationship."

So is app-based dating truly on its way out? Digital trends, after all, are

just like any other. They can disappear as soon as they crop up. Anyone remember ICQ, MySpace and Snake? "What remains apparent from the statistics is that there are massive feelings of loneliness and disconnection out there," says Courtney. "No-one would argue the digital and mobile revolutions have made us more connected, but there's a growing chorus of people starting to recognise that connection is increasingly superficial. People want to feel more valued – not just texted at. Women will generally respond more favourably to a guy who can introduce himself and hold a real conversation – not hide behind his phone." And the truth is how you find that magical man of your dreams... well, that's entirely up to you. 📱



TINDER JUST THE FACTS

- 🔥 1 billion matches so far
- 🔥 800 million swipes per day
- 🔥 10 million matches per day
- 🔥 5 per cent of all Aussies have an active Tinder profile



DYING WITH DIGNITY

More than 80 per cent of Australians want to legalise a drug that will allow terminally ill people to end their own lives. As the euthanasia debate is reignited globally, CLEO gets a local perspective on this difficult and often polarising issue.

When 29-year-old terminally ill cancer patient Brittany Maynard announced in early October she would end her life on November 1 through assisted suicide, the world's press went into overdrive. Diagnosed with a lethal brain tumour earlier this year and given just six months to live, Brittany and her husband chose to relocate from San Francisco to Oregon, one of just five states in the US where she could access the Death with Dignity Act. For the sparkly go-getter, this law meant Brittany had the option to take a drug that would allow her to pass away peacefully and painlessly, and not in the intolerably traumatic way that her disease would invariably cause.

After posting a video online on October 30 suggesting she might change her mind, Brittany took the drug two days later as originally planned, at home with her husband, mum, stepdad and best friend, who is a doctor, by her side. She wrote on Facebook: "Goodbye to all my dear friends and family that I love. Today is the day I have chosen to pass away with dignity in the face of my terminal illness, this

terrible brain cancer that has taken so much from me ... but would have taken so much more. The world is a beautiful place, travel has been my greatest teacher, my close friends and folks are the greatest givers. I even have a ring of support around my bed as I type... Goodbye world. Spread good energy. Pay it forward!"

Across the Pacific Ocean in Queensland, Australia, 22-year-old Emma Betts is also preparing for her own death. After having a stage one melanoma removed from her back in October 2012, Emma found a lump under her left arm the following August while volunteering in East Timor. After dashing home, she was rushed to surgery to remove her lymph nodes in the affected area but the cancer had devastatingly spread to her liver and her condition was then listed as "inoperable". By January this year, Emma was delivered her biggest blow yet. "The doctor told me I had stage four melanoma and had just six months to live," she tells CLEO. "Three weeks later, after another scan, the tumours had grown significantly and I was told I now only had three months of life left."

In shock, Emma and her immediate family set about making plans for her final few months. "I was engaged at that time and preparing for my wedding in May, but we had to move it forward because we were afraid I wouldn't make it," she recalls. "We were married in March and I was so lucky to get on a new trial drug which bought me more time."

Emma says the wedding gave her something positive to focus on in those first few weeks after hearing her prognosis. "The wedding was really emotional," she says. "I chose a celebrant that was very understanding of the situation, because in your wedding vows you talk about having children and growing old and obviously that's not our case. We didn't want to ignore the cancer but we didn't want it to be extremely emotional. Our celebrant did the most amazing job. There were lots of tears during the ceremony but after that, it was just fun."

Death before suffering

Although the trial medication has indeed bought her a few more months, it's the reality of the final weeks before her death that frightens her most. Melanoma patients are reportedly likely to experience episodic coughing, risk lapsing into a coma and breathe rapidly before not being able to breathe at all. "The part I'm most scared about is when you think about how painful the end will be," says Emma. "At the moment, the cancer is in my liver, lungs, pancreas and spine. And I imagine my organs will start to fail. The tumour in my brain is contained and not causing me problems right now but if it spreads, it could change how my mind works, which is extremely frightening. My doctor has said it's possible I may start feeling some pain a month out from when I pass away naturally."

Documenting her fight against melanoma on her blog (dearmelanoma.blogspot.com), Emma is now thinking about comforting herself and her family in her final days. "I'm so set on having the plans that I want," she says. "This includes a hospital bed that is a queen size so that I can share it with my husband during that time. Luckily, my parents are in a position where they can afford to set up our home for me to die. No-one wants to be in a hospital for their last few weeks and separated from the person they love."

However, unlike Brittany, Emma does not have the free choice of a dignified, pain-free death for when the end is near, as current legislation prohibits physician-assisted euthanasia in Australia. Anyone in this country who helps someone to take their own life – whether it be a family member or a medical practitioner – will actually be guilty of a criminal offence and faces jail.

But for many people dealing with a debilitating terminal illness, having the option of euthanasia offers them some sense of power over the disease ruling their life. "Cancer controls my life now," Emma says. "Every decision you make, cancer has to be in your mind. I'm no longer just Emma, I'm Emma with cancer." When asked what it would mean to have the option available to her, she pauses. Then the silence at the end of the phone line turns to a whimper.

"Sorry," she apologises, fighting back tears. "I'd probably get the drug and just have it there as that option. I'd consider using it when it's really too much or if I'm too drugged up on painkillers. It would mean so much. I mean, what's the point of being in so much pain just to extend what's going to happen anyway? Being able to say goodbye to your family means the world to me, compared with slowly drifting in and out of consciousness and not knowing if that's going to be the time or essentially missing out on goodbyes."

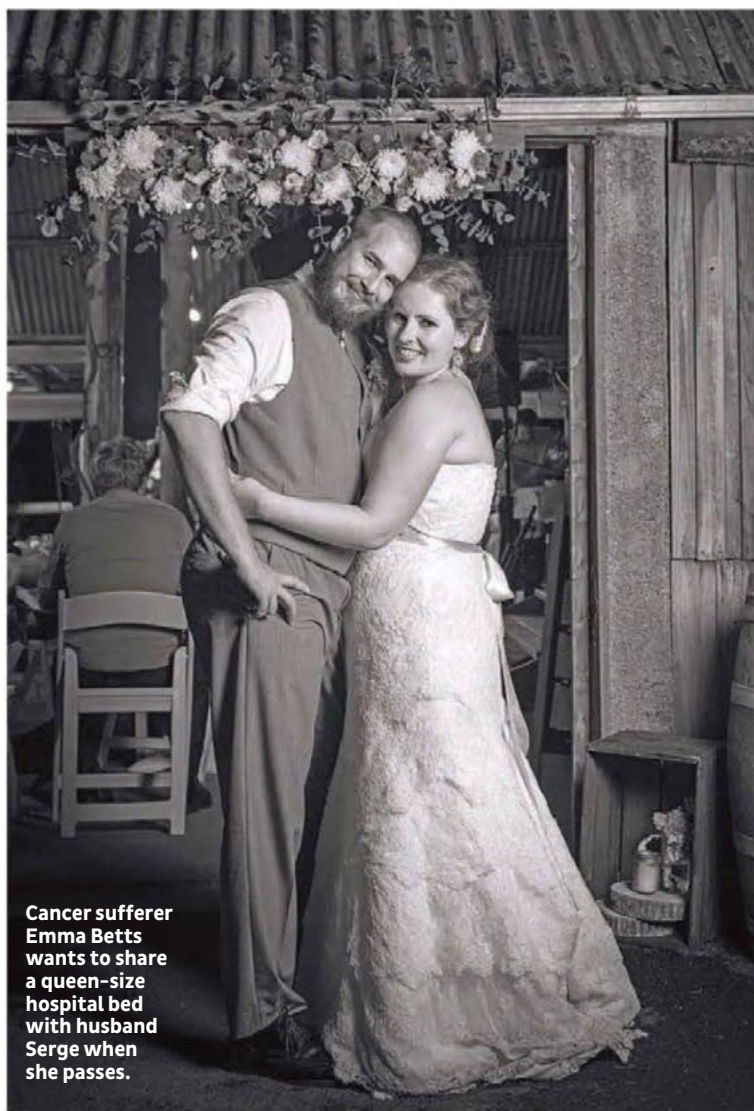
Looking to the world

On January 1, 1942, Switzerland passed the dying with dignity law and now has more than 70 years of well-documented research into the effects of euthanasia for the terminally ill. Belgium and Holland followed suit in 2002, and Luxembourg seven years later. In the US, the state of Oregon pioneered North American legislation in 1997 and has been operating assisted suicides successfully for 17 years. Other states followed, including Washington in 2008, Montana in 2009, Vermont in 2013 and New Mexico this year. Draft bills have also been introduced in other US states.

While critics argue suicide rates will increase, the total number of people choosing to ingest the lethal drug with assistance is very low. Since the legislation was introduced in Oregon, between 30–40 per cent of patients issued with the prescription did not take it. In 2013, 51 out of 122 cases opted out. Oregon statistics also show that in the past three years, actual assisted suicides were less than a tenth of all suicides. And in Switzerland, the figure was about a fifth of all suicides.

Is it Australia's turn?

In June this year, Victorian Greens senator Richard Di Natale put forward a proposal to parliament for the dying with dignity drug to be legalised, and the ➔



Cancer sufferer Emma Betts wants to share a queen-size hospital bed with husband Serge when she passes.

Greens are spearheading a campaign that replicates that of the countries mentioned. They want to see the politicians in Canberra pass a law that gives a person with a terminal illness the choice to request assistance from a medical practitioner to end their life when they feel that the pain has become too great to endure any longer.

"Do we believe that someone who is suffering a terminal illness should be forced to be in pain and ultimately die in a hospital, despite wanting a dignified death at home when they are ready? To whom do these people's lives belong to, if not their own?" asks Di Natale. "And, if that patient chooses the timing of their death, why should they be forced to do so alone out of fear that their families could be jailed if they are present?"

It appears many Australians agree, with a 2012 Newspoll survey finding 82.5 per cent of respondents believe that a terminally ill person should be able to access assisted suicide. So with this kind of public support, what's the hold-up? "Well, our parliament generally tends to be made up of older, conservative, white men, who often have a religious background," says Di Natale. "And because our parliament is unrepresentative, we get decisions that simply don't reflect public opinion."

Examining the risks

But Paul Russell, director of anti-euthanasia group HOPE (noeuthanasia.org.au), says while he accepts that the majority of Australians support this bill, it doesn't mean that the law should go ahead. "I don't accept, in this case, that there's necessarily a reality to have the law reflect public opinion," he says. "There's a lot of emotion in the public conversation and we get hard cases. But hard cases can make bad laws."

Perhaps the most rigid argument against legalising euthanasia is the alleged high risk of third-party coercion. According to Russell, making euthanasia legal could mean family members or even doctors force their patients into taking the drug. "It is now clear that in the Netherlands and in Belgium the availability of euthanasia significantly changes the medical staff's view of patients," he says. "No matter what safeguards we put into place, they cannot be safe enough to ensure no person will be pressured to end their lives who didn't ask for it."

In response to this concern, Di Natale's proposal says safeguards would protect the vulnerable. The proposal states that a terminally ill person would be examined by two independent medical practitioners, as well as a psychiatrist, before being given assistance with euthanasia. Of a sound mind, the patient has the prerogative to change their decision at any time.

But Russell says the coercion could filter out into social pressure too. "In the US media, there have been comments about how heroic Brittany Maynard was," he says. "But what about the people who have been diagnosed with the same illness and choose to fight on? Are they somehow cowardly? Then what does this law do to the medical profession, whose role it is to cure and comfort pain for the sick?"

For Di Natale, a former doctor, this idea was a concept he originally wrestled with but says the measure of suffering can only be depicted by the



patient who is experiencing it. "Medicine is about trying to heal people and save lives, so the idea of hastening someone's death confronts those instincts," he admits. "But I have come to the view that the overriding responsibility of a doctor is to relieve pain and suffering, and ultimately only a patient can decide when that pain and suffering is too great."

Moving forward

As for Brittany, she spent her final few weeks ticking off her bucket list, including trips to Alaska, Yellowstone National Park and a helicopter ride over the Grand Canyon. She also spent time campaigning for Compassion & Choices, a non-profit organisation in the US that aims to improve patients' rights and their choices at the end of life. "For me what matters most is the way I'm remembered by my family and my husband as a good woman who did my best to be a good wife and a good daughter," she has said. "Beyond that, getting involved with this campaign, I hope to be making a difference here. If I'm leaving a legacy, it's to change this healthcare policy or be a part of this change of this healthcare policy so it becomes available to all Americans. That would be an enormous contribution to make, even if I'm just a piece of it."

When it comes to the battle she has ahead of her, Emma is frank. "The reality is, for anyone with cancer, at the end it's going to be painful. Whether it's brain cancer or breast cancer, it's going to be a painful death. When you're young you're asked those questions like, 'Would you rather this or would you rather that?' If they were asked, 'Would you rather die instantly today or have two more weeks of suffering?' I don't think anyone would go the extra two weeks of suffering."

According to Emma, the best legacy to leave is a celebration of life. "I think everyone has the fear about how they will be remembered," she says. "You don't want to be remembered as a sick person who went through a lot of pain. You want to be remembered as your spritely self. I think if you can leave on that note, that would ease a lot of it." 🌻

Tell us what you think. Tweet us using @cleoaustralia and #cleoaustralia to have your say about euthanasia.



OUT. **PERFORM**

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'Tis the season... to **NOT** break up

Research says more couples split around this time of year. But before you give love a big 'bah humbug', read on – we've got your relationship holiday-proofed.

On the 12th day of Christmas my true love gave to me... *halting screech sound effect* nothing, because you guys broke up. Yep, this is exactly what data analyst David McCandless has discovered: two weeks before the big day rolls around is actually the peak time for couples to split up.

But don't start preparing yourself for a holiday season where you fill the holes in your broken heart with copious mince pies. We've called in Melanie Schilling, dating coach and relationship expert for eHarmony (eharmony.com.au), to fill us in on just how to keep your Kris Kringle from becoming a break-up-a-gram.

Compatibility crisis

Your normally chilled boyfriend bought ugly Christmas sweaters (matching, not worn ironically) and an advent calendar for your cat. He's dropping 'I cannot wait to hear Great Aunt Jan's carolling choir' in your conversations. But hold up, your idea of a perfect Christmas is eating prawns, ignoring your work emails for three whole days and ducking in to see the family en route to the beach. "Clearly, we are just wrong for each other!" cries your Overreacting Inner Voice (OIV).

OIV, please try to calm down. This time of year is not an all-encompassing representation of your compatibility with your partner. You see, even the most fully functioning independent adult can be at the mercy of family traditions (we know you still have your monogrammed Santa sock). It's hard to look into your mum's disappointed eyes when you say, "So, we are going to do something different this year." But if you stay together, these are just some of the creases almost all couples have to eventually iron out. "Take the time to examine and compare your own values outside of this event before you go and make any rash decisions," says Schilling. "Do not get into an argument about compatibility and create a greater problem than really exists. Also, it's best to do this without the added distractions of cranberry cocktails and end-of-year parties. Having some quiet time before any massive, firm decisions and plans are made is the best way to go."

Reflection rejection

You do the compulsory reflection on the 12 months just gone by and daydream about where the next year will take you. This seems harmless, until you start to wonder if your beau's once-cute fear of flying is a splinter in your newly formed plans to go to New York. You've internally tallied the amount of times he's snapped at you in front of your group of friends. He has also mentioned buying a dog, but the idea of the pup's hair, not to mention the responsibility of looking after another living thing, terrifies you. He also wants you to buy him said pooch for Christmas.

"The festive season is a time to look back and reflect on the positive and negative," says Schilling. "Relationship doubts or concerns that may have been bubbling all year round tend to come to the surface." And this is really worth your serious consideration, because it's easy to be in a loved-up bubble when evaluating how your relationship is going. Having date nights, Sunday mornings in bed and someone else to share meals with when you go out for dinner – are all strongly desirable relationship highlights.

**"Clearly, we are just wrong for each other!"
cries your Overreacting Inner Voice."**

However, it's vital to take some time to think about where you want to go in life, if you're happy with how things have been going lately and if your relationship fits in with plans you have for the future. "It's very important to step out of denial or avoidance on these issues," Schilling explains. "Address the really important things you hope to achieve in your life and how you would like the relationship to go in the future. Do this as soon as you start to have concerned feelings upon reflection." Schilling also warns us that if you don't step up and take any action on how you may be feeling, the concerns that you hold have the potential to rear their ugly heads in emotionally charged times, like the holiday period. Also, if you think this situation specifically applies to your life, just don't buy him that dog.

Emotion overdrive

Your partner has shared an abundance of lurve for you and your couple selfies get I'm-about-to-vomit face emojis in the comments. Plus, your pals 'jokingly' tell you to get a room... *all* the time. The thing is, this emotionally charged time of the year has turned up a notch. It's the first Christmas without Gramps and your lover is having anxiety about a forced day with your disapproving mother. You two start to take the drama out on each other.

"There's a social pressure to be happy during the holidays and the reactions to this can blow out – and alcohol only fuels the emotion," says Schilling. You don't *really* know someone until you see them have a breakdown. If you're still into them, that is something worth holding on to.

Also, emotional times are helpful for improving people's communication skills. "Start to notice how you communicate with each other," says Schilling. "Patterns of verbal and non-verbal communication including resentment, defensiveness, aggression or avoidance need to be fixed with some open and calm conversations during the lulls of Christmas chaos."

Resolving conflicts

"One of the core reasons for relationship breakdowns over this time is conflict in values such as family, commitment, integrity, goals or belonging to an organised religion," says Schilling. "So, ensure that you are aligned, or at least aligning, as a couple in these areas, and try to use the holiday period as a chance to explore these things as opposed to avoiding, resisting or creating conflict. By having a series of totally courageous conversations, you can actually bring all of the issues that you are having as a couple into the spotlight and then resolve the conflicts directly."

So don't let the festive season turn into Fight Club for couples; you *can* get through holiday hysteria unscathed. 🐾



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3. *The Holiday*

MEET YOU AT ARRIVALS

On a single day at international airports across the globe, thousands of stories unfold. Here are six of them.



There's nothing quite like the arrivals gate at a busy international airport terminal. Nervous energy; expectant eyes of those who have been waiting days, months or even years to see their loved ones; and unabashed emotions when their

faces finally appear. When the departure board ticks over, there's a sigh of relief from the crowd; the flight has landed. CLEO visited three of the world's most famous airports, Los Angeles, London Heathrow and Sydney Kingsford Smith, and here are the people we met.

6:45AM, SYDNEY

Katy, 18, just arrived from London and is waiting to see some of her extended family.

"I've never seen the people who are picking me up. They're my family but I haven't met them face-to-face yet. I just finished my A Levels (HSC), so I'm over here in Australia to backpack for six months up the coast. I did pretty well, so this is my break – and reward. My aunty moved here years ago [pictured] and I've only spoken to her over Facebook. It'll be so nice to see her and my other cousins in person. I might cry when I see them. I think I'll know my aunt when I see her, but I'm not sure. And I'm really nervous. They're picking me up in 15 minutes and I don't think I look so good after the flight but I'm really excited. I'll be there for a few weeks before I head off on my own. I haven't been this far from home by myself before. It's an adventure!"



Katy with her aunty.

12PM, LONDON

Ali, 21, is waiting with his 25-year-old sister, Cathy, for their mum who is visiting from their hometown in Lebanon for a month.

"Twenty. That's the number of minutes it takes for mum to get off the plane! She's always the last one. My sister and I moved from our hometown to London to study our masters together. The land of the royals, double-decker buses and the famed Oxford Street shopping strip – it's a big city and offers us a life we just couldn't have in Lebanon. There's more work, better education and more opportunities for young women. Mum knows this and loves London so she visits often. We are going to take her to her favourite burger bar this weekend. I will probably get sick of her... but she might be able to sweeten that by cooking me dinner when she's not busy exploring. Come to think of it, I don't mind waiting the 20 minutes!"

10:46AM, LOS ANGELES

Christina, 25, is waiting for her sister's boyfriend to arrive.

"Do you like my DIY sign? It actually took me about five minutes. You can tell, can't you? It's the first time I have ever picked up my sister's boyfriend from the airport, so I thought, why not make him a sign? He lives in northern England and we're born and raised Californians, but Los Angeles is his second home. He loves it here. He and my sister have been dating long distance for quite a while. It's hard, but they try and see each other as much as they possibly can. She's so sad that she couldn't be here to meet him here herself – she's working today but we're all meeting up in two hours. So not long now. I hope he doesn't mind hanging out with me till then!"

**11AM, LOS ANGELES**

Jodie, 27, just arrived in her hometown with her fiancé.

"I have been living in Chile for about three years now and I met my boyfriend, well, my fiancé (we just got engaged, I am still getting used to it...) in my first month. We met at a really seedy nightclub at about 2am and ended up talking about sports for most of the night. When he turned up for our first date, I was really nervous as at that stage my Spanish was quite bad! Anyway, we made it work. My parents are picking us both up today and they haven't met him. So I'm a bit worried but also pretty excited. I think they will like him, even though I know it can be awkward meeting people for the first time, especially when we are already engaged! It was sad leaving our friends in Chile, especially for him, but we decided that living in Los Angeles is a better option for us. We'll visit all the time though. Hopefully he won't get too homesick."

7:50PM, LONDON

Eileen and Garry are waiting for their daughter Amy, 23, to arrive from studying abroad for two years.

"When she first told us she wanted to move to Hungary for a guy, we insisted she had to do something productive too, like study. We were worried about what would happen if they broke up. And, guess what? Not long after she moved there, they actually did break up! But she loves it there and thankfully has created a life beyond a man. Now she even has a new boyfriend there who arriving with her today. We are very excited to meet him. He works in entertainment and she would like to work in movies after her studies, so I think they're a good fit – we hope! We are attending a big family wedding tomorrow together. The fact that he was invited is a very big deal. Maybe our daughter really was destined to find love in Budapest after all."

Heathrow Airport holds the record for international passenger traffic: last year, the number was 66.7 million!

7:45AM, SYDNEY

Marina, 27, is waiting for her best friend who just flew into Australia from Paris.

"I'm standing up on my tippy-toes, waiting. That's just how excited I am to see her! She must be coming through the gate soon... We've been friends since we were young and she's never been to Australia before. I can remember how super nervous and excited I was when I first arrived here, in this very same lounge. I was travelling solo though and didn't have anyone waiting to meet me. I moved here from Corsica, France, eight months ago and she is the first friend who has come over to visit me. We have the whole month together so I hope she's going to love Sydney as much as I do – I talk about it all the time! Manly Beach is our first stop, of course. I love the beach." 📸



Aliana just arrived from France.

JUSTICE FOR REEVA?

As Paralympian Oscar Pistorius begins a 10-month sentence for the culpable homicide of his girlfriend, Reeva Steenkamp, **Tom Steinfort** – who followed the trial in South Africa – asks what this verdict means for women.





Steenkamp's family believe "[Reeva] could have changed the world. She could have changed South Africa the way she was going."

When deciding if the penalty matched the crime for Oscar Pistorius, it's worth taking into consideration the case of a man by the name of Kurt Vortrecker. You're excused for having never heard of this guy before; he's a petty criminal

from the outer suburbs of Johannesburg. His life could hardly be further from the wealth of the Pistorius family, with Oscar in particular enjoying all of the fame and adulation that had made him an international icon, not to mention a multi-millionaire. Vortrecker was found guilty of stealing a piece of cheese. But when he was convicted of this most embarrassingly pathetic of offences, Vortrecker was sentenced to serve two years and 11 months in jail by the Johannesburg Magistrate's Court. In contrast, Pistorius shot dead his lover, Reeva Steenkamp, a 29-year-old South African model whose last moments must have been filled with a panicked fear that few, if any of us, could understand. The judge described his actions as reckless, irrational and negligent, however Pistorius was handed a custodial sentence with a non-parole period of just 10 months.

Steenkamp is gone forever, while Pistorius, 27, will be back in his three-storey family mansion in less than a year. So, a simple calculation would deem that in the eyes of the South African justice system, stealing a piece of cheese is an offence three-and-a-half times more serious than shooting dead a woman. At the time of the trial in South Africa, there were protests outside the court as soon as Pistorius' sentence was handed down. The almost helpless sense of anger was summed up by one woman who told us: "It's just another rich white man who got away with murder." We examine the fallout of the trial, the way it captivated the globe and why people are saying the sentencing was not harsh enough.

Turning the world off its axis

The dramatic, drawn-out trial became almost the biggest reality TV show of 2014, broadcast live around the world, with a plot line which was really too far-fetched to believe. The fascination with the characters involved was at times bizarre to watch – each day 'fans' flocked to the defence lawyers as they walked the streets, asking for autographs and trying to steal a quick selfie with them. Why were people so fascinated with this case? What was it that people found they could relate to? Well, the ugly yet unreported truth is that so many people *can* resonate with this story. And we're not just talking about in South Africa, where three women are killed by their lover every

day (it's so common there that it has its own term: intimate partner femicide). Right here in Australia, the statistics are just as grim, with a woman killed by her male partner or ex-partner on home soil nearly every week. Plus, one in three Australian women have been the victim of physical violence since the age of 15.

The boy behind the blades

Unfortunately the acquittal of Pistorius on the charge of murder will do nothing to improve this situation; it's been shown in the past that high-profile cases like this tend to 'normalise' the actions of the perpetrator.

In this instance, it's important not to forget how respected the man known as the 'Blade Runner' was when he fired four fatal gunshots into his girlfriend. This was a man who had triumphed over extraordinary adversity. Born without fibulas, both of his legs were amputated below the knees just before he turned one. Ironically, it was his mother, Sheila, who herself was a long-suffering victim of a tumultuous and abusive relationship, who instilled in Oscar the belief that he could achieve anything he wanted, including greatness, despite his disability. "The real loser is never the person who crosses the finishing line last," she wrote in a letter to her baby at the time of his operation for him to read when he grew up. "The real loser is the person who sits on the side. The person who does not even try to compete."

And so it was that an inspired Pistorius blitzed the 2004 Athens Paralympics, taking home the gold medal in the 200-metre sprint. But that wasn't enough for this ambitious, dedicated and very marketable young man. Amid all of the amazing hype, Pistorius became the first double amputee to compete at an Olympics Games at London in 2012. It was a genuine spine-tingling, goosebumps moment when he took the track; a standing ovation from a crowd of 80,000 people for this man who was behind the most inspirational sport story in years.

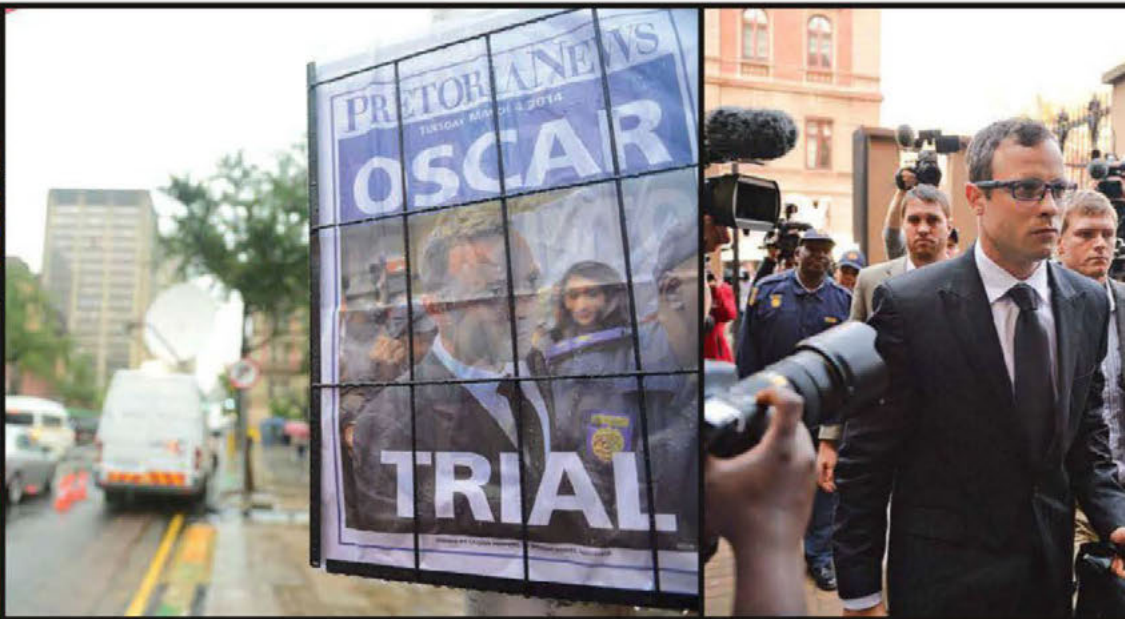
Behind every great man...

The international media loved Pistorius – here was this good-looking guy with a great story to tell. However, they didn't realise what was going on behind the scenes, the dark private life this supposed hero was hiding. It was during this time that Pistorius was in an allegedly abusive and destructive relationship with Samantha Taylor. She was just 17 years old when the then 24-year-old Oscar hit her up on Facebook to go on a date. "Our relationship started out amazing; he's a loving man, a charming man, I fell in love with an amazing side of him," Taylor says. But that initial charm was cancelled out by his short fuse and love of guns, along with a penchant for berating and ➤





Steenkamp and Pistorius pose for a photo at an event in Johannesburg 19 days before her death.



belittling his girlfriend. Taylor says Pistorius once made her sit on a 'naughty step' after a fight, and another time she had to hide his gun after he snapped at her, fearing that he may hurt her. Their relationship spiralled out of control, but only officially ended when Taylor switched on the TV one day to see Pistorius walking a near-identical blonde woman down the red carpet of an event in the city of Johannesburg. That woman was Reeva Steenkamp.

Steenkamp and Pistorius became a media sensation. People loved the star sprinter and his magazine covergirl, who was voted by *FHM* as one of the hundred hottest women in the world – twice. South Africa's Olympic team administrator described the famed couple as the sporting world's version of Brad Pitt and Angelina Jolie. "Whenever they were together, you were blinded by flash bulbs." But looks can be deceiving.

An unravelling relationship

In court, it was revealed Steenkamp was experiencing almost the same fear that crippled Taylor previously. One lengthy text message in particular was highlighted, showing the emotional torment she was enduring. It read:

"You have picked on me incessantly... We are living in a double-standard relationship where you can be mad about how I deal with stuff when you are quick to act cold when you're unhappy... I do everything to make you happy and to not say anything to rock the boat with you... I'm scared of you sometimes and how you snap at me and of how you will react to me... I just want to love and be loved. Be happy and make someone SO happy. Maybe we can't do that for each other. Because right now I know you aren't happy and I am certainly very unhappy and sad."

Just 18 days after this text message was sent to Oscar Pistorius, Reeva Steenkamp was dead.

The verdict that shocked us

At 3.17am on Valentine's Day 2013, Pistorius unleashed four hollow-point bullets through his locked bathroom door, as neighbours are said to have heard the panicked and "blood-curdling screams" of a woman. Pistorius claims this was just a horrible mistake – that he believed there was an intruder in his bathroom. In court, Pistorius described how he got out of bed on his stumps, found the gun under his bed and made his way to the bathroom. He fired four shots through the door before returning to his bedroom. It was then that Pistorius realised Steenkamp wasn't there and for the first time, the thought crossed his mind that she might have been the one in the bathroom.

With this verdict, he could be eligible to run in the Olympics in Rio de Janeiro in 2016.

Time and time again, there is just one fact of this story that critics have argued: if Oscar was so focused on protecting Steenkamp, so worried about her welfare and safety, why on earth did he not check the bed for his girlfriend before he rushed to the bathroom and opened fire? As far as the court of public opinion is concerned, this here seems to be the hanging offence.

Although, where it matters – North Gauteng High Court – it was a fact that was barely touched on during the seven-month trial, and not even mentioned by the judge when it came time to hand down her final verdict. Judge Thokozile Masipa has a strong record of cracking down on cases of domestic violence, and was widely expected by legal experts in South Africa to find Pistorius guilty of Steenkamp's murder. The main reason for that consensus was simple: whether Pistorius thought it was Steenkamp or an intruder in the bathroom, he must have known that firing not one, not two, not three, but *four* bullets was surely going to have fatal consequences for whoever was standing right behind that bathroom door. Adjunct law professor Stephen Tuson from the University of the Witwatersrand in Johannesburg summarises the



Pistorius garnered a myriad of media coverage throughout the 201-day trial, with the runner constantly shadowed by cameras.

whole scenario quite frankly: "How can you shoot four bullets through a door and not foresee their death?"

But with this cold, hard question staring us straight in the eyes, the end verdict of not guilty was returned on the charge of pre-meditated murder and common law murder. Conclusively, Pistorius was convicted guilty on the lesser charge of culpable homicide, which under Australian law, we would refer to as manslaughter. While Pistorius is indisputably a killer, according to the verdict handed down in court, he is not a murderer. And with this damning verdict, Pistorius could still be eligible to run in the Olympics in Rio de Janeiro in 2016.

Will history repeat itself?

Critics believe that a verdict like this one can, in some ways, brush cases of domestic violence under the carpet, and worryingly it's young men who seem to be most influenced by this. A recent report by VicHealth has revealed that women are at least three times more likely to be victims of intimate partner violence than men. It is the biggest contributor to ill health and premature death in women aged 15–44. Young men are now "more likely to have attitudes to violence against women that justify, excuse, trivialise and shift blame", another report found.

The Pistorius case has been widely referred to as the OJ Simpson trial of this day and age – and with good reason. Both of these cases involve famous athletes, beautiful women, mysterious killings and subsequent court proceedings that have been as drawn out as they were dramatic. Although, the most telling similarity is that each has left a bitter taste in the mouths of those who have taken such immense interest in the cases – the feeling that, once again, justice hasn't been served.

Finally, in these two situations, the all-powerful man has essentially prevailed. He has managed to dodge any meaningful jail term for what plenty of people across the globe consider to be a blatant case of an enraged male taking the life of a defenceless woman in a callous and cowardly manner. Or as Steenkamp's heartbroken brother Adam so simply put it at the end of the trial: "In my heart, I know he has got away with murder." And, as we are all aware of, even the cheese thief paid a higher price. 🍷

The murky trials of men

GARRY MILLS:

Jolene Mills' body was found in bushland at Ripley, Queensland in 2005, with evidence showing that she had died of an asphyxiation from an extension cord. Following public pleas to find Jolene in the lead-up to her discovery, Garry was later arrested after police discovered blood-stained clothes were found hidden in their home. Despite pleading guilty to manslaughter in 2008, Garry was freed after five years and is speculated to be living in the house he once shared with his wife and children.



GABE WATSON:

His wife of 11 days, Tina, died during a scuba trip to the Great Barrier Reef in 2003. Gabe was first off charged with murder, before it was dropped to the lesser charge of manslaughter. Witness records reveal he was engaging in a 'bear hug' with Tina moments before her 'flailing' body sunk to the ocean floor as he swam toward the tour boat. Evidence also showed Tina had a substantial life insurance policy. Gabe maintained that he swam away and back to the boat to get help when he saw Tina was distressed mid-dive. Although, he was unable to keep the details of his story consistent. He served a total of 18 months in prison in Queensland.



BRIAN CORRIGAN:

In 1992, Brian shot his wife Kim, who was seven months pregnant, in their Kiama home, killing both her and their unborn baby girl. After initially convincing his family and media that it was an intruder who had murdered his wife and child, police found holes in Brian's story (he claimed he had heard voices which urged him to perform the killings) and he was later arrested for their murders. Brian was released in 2009 – after serving just 16-and-a-half years in prison for taking two lives.



Weigh in on the Pistorius case and tell us what you think by emailing cleo@bauer-media.com.au, or you can tweet us using [@cleoaustralia](https://twitter.com/cleoaustralia).



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*System with shampoo, conditioner and Indian Amla Strengthening Oil. **System with shampoo, conditioner and Amazonian Murumuru Controlling Oil. ***System with shampoo, conditioner and Egyptian Hibiscus Color Caring Oil. ^Based on professional usage and observation of 75 stylists in a 4-week study. #196 Australian women, self assessment, 7 days, July 2014. ^^149 Australian women, current Hair Oil users, self assessment, 7 days, July 2014.

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CHRISTMAS WISH LIST

Christmas at The Body Shop is all about making wishes come true. Treat yourself, or someone you love, to one of our festive delights this season. Here are our Top 5 picks!

1 GLAZED APPLE GIFT TIN

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3 JELLY PENCIL CASE

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4 BEACH READY BABE

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5 LIP & CHEEK DOLL

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Morgan & Taylor.
Bracelet, \$75,
Karen Walker.
Sunglasses,
\$79.95, Seafolly.



A SHORE THING

Plan a Hamptons-inspired getaway for a romantic summer playing among the palm trees, and if you're lucky – with CLEO Bachelor finalist Tommy on your arm.

ALIETT: **Bikini top**, \$99, Bikini Atoll. **Skirt**, \$49.95, Atmos & Here @ The Iconic. **Hat**, \$59.95, Mimco. **Sunglasses**, \$45, Quay. **Rings** (worn throughout), \$39.95 (for set of 10), 8 Other Reasons. **Bangles** (worn throughout), \$12.99 (for set of 5), Equip.

TOMMY: **Shirt**, \$49.95, Witchery. **Shorts**, \$79.95, Witchery. **Sunglasses** (worn throughout), \$149.95, Ray-Ban.





ALIETT: **Bikini**
top, \$24.95,
bottoms, \$24.95,
Atmos & Here
@ The Iconic.
Sunglasses, \$295,
Karen Walker.
Towel, \$49,
Missoni for Target.

TOMMY: **Shorts**, \$90,
Vanishing Elephant.



ALIETT: **Playsuit**, \$139, Isla.
Hat, \$49.95, Morgan & Taylor.
Sunglasses, \$45, Quay
Eyewear Australia.

TOMMY: **Shirt**, \$99.95, Two
Square. **Shorts**, \$50, ASOS.



ALIETT: **Top**, \$85, Mes Demoiselles.
Bandeau (worn underneath), \$99,
 Lilya. **Shorts**, \$59.95, Alice in the Eve
 @ General Pants Co. **Shoes**, \$139.95,
 Wittner. **Hat**, \$119.50, Fallen Broken
 Street. **Sunglasses**, \$295, Karen Walker.

TOMMY: **Jacket**, \$329.95, Scotch & Soda.
Shirt, \$159, American Vintage. **Shorts**,
 \$39.90, Uniqlo. **Shoes**, \$90, Converse.



**ALIETT: Top, \$130,
and shorts, \$150,
Kookai. Sunglasses,
\$149, Mimco.**

**TOMMY: Shirt,
\$40, River Island.
Shorts, \$50, ASOS.**



ALIETT: **Bandeau**, \$99, Lilya.
Shorts, \$69.95, Ladakh.
Sunglasses, \$79.95, Seafolly.
Towel, \$49, Missoni for Target.

TOMMY: **Shirt**, \$56, River Island.
Shorts, \$99.95, Wrangler.



ALIETT: Dress,
\$240, Talulah.
Hat, \$49.95,
Morgan & Taylor.

TOMMY: Shirt,
\$40, ASOS. **Shorts,**
\$79.95, Witchery.

Styling Alissa Thomas. **Photography** Richard Freeman/Reload. **Hair** Budi Juspandi/2C. **Make-Up** Jaclyn Hnitko/The Artist Group. **Models** Aliett/Vivien's Tommy/Chic. See cleo.com.au/fashion/stockists for stockist details.

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\$49.95, Alexander Wang
x H&M @ H&M. **Skirt**,
\$169, MLM. **Heels**, \$90,
River Island. **Sunglasses**,
\$69.95, Seafolly.
Necklaces, \$44.95
each, Majique. **Clutch**,
\$39.95, H&M.

OPPOSITE PAGE

Dress, \$299, Guess
by Marciano. **Heels**,
\$149.95, Sachi @
Styletread. **Clutch**,
\$75, Jendi. **Earrings**,
\$35, Majique. **Yellow
bangles**, \$14.95 (for
pack of three), Colette
by Colette Hayman.
Mixed bracelets,
\$15.95 (for set), Dotti.





Jacket, \$599, Ginger & Smart. **Top**, \$129, Viktoria + Woods. **Skirt**, \$79, Topshop. **Earrings**, \$12, River Island. **Necklace**, \$99, Tilkah. **Bangle**, \$149.95, Guess. **Clutch**, \$199, Mimco.

OPPOSITE PAGE

Dress, \$199.95, Cameo. **Floral headpiece**, \$40, Flowerbomb Headwear. **Bracelet (blue stone)**, \$69, **bracelet (purple stone)**, \$79, and **ring**, \$59, The New Punjab. **Clutch**, \$49.95, Condura.



Dress, \$509, Faddoul.
Scarf, \$129, Mimco.
Earrings and necklace
(sold as set), \$49.95,
Miss Brightwell.

OPPOSITE PAGE
Top, \$240, **skirt**, \$280,
and **bra**, \$90, Alice
McCall. **Heels**, \$169.95,
Wittner. **Earrings**,
\$99, and **gold bangles**,
\$180 (for set of four),
Samantha Wills. **Black**
beaded bracelet, \$59,
and **gold beaded**
bracelet, \$49, Tilkah.









STYLING NIKKI LOWE. PHOTOGRAPHY SEVAK BABAKHANI/BAUER MEDIA. HAIR AND MAKE-UP KRISTYAN LOW/
WORK AGENCY. MODEL CHARLOTTE/CHIC. SEE CLEO.COM.AU/FASHION/STOCKISTS FOR STOCKIST DETAILS.

Denim top, \$129.95, Cameo. **Leopard top** (worn underneath), \$63, Oasis. **Shorts**, \$299, Gant. **Heels**, \$159.95, Diabolina @ Styletread. **Earrings**, \$7.95, Colette by Colette Hayman.

OPPOSITE PAGE
Green top, \$120, **skirt**, \$160, and **necklace**, \$40, Kookai. **Black top** (worn underneath), \$49.95, Sportsgirl. **Heels**, \$179.95, Finery. **Scarf**, \$149, Mimco. **Cuff**, \$29.95, Miss Brightwell.

CHAMPAGNE STYLE

We all love the feeling of wearing a new frock on NYE, but by the time Christmas has come and gone, our bank accounts are a little light. Luckily, looking like a million bucks on a beer budget is totally possible with these four fabulous outfits. Happy New Year!

UNDER \$100



Top, \$7.95, H&M.

Skirt, \$14.95, H&M.



Clutch, \$34.95, Colette by Colette Hayman.



Clogs, \$39.95, Rubi Shoes.

Clogs don't need to be casual at all. When the big night rolls around, choose a fun metallic pair that will keep you dancing all night long.

You really can't go wrong with an all-black outfit, and this head-turning ensemble will last you for a few seasons. Break it up a little with sheer panelling, crops and silver accents.

TOTAL \$97.80

UNDER \$150

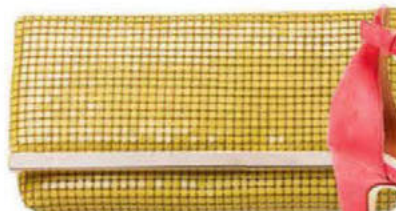


Earrings, \$19.95, Zara.

Playsuit, \$49.98, Missguided.

Bangle, \$12.99, Equip.

Pick colours from your playsuit to match the accessories you want to wear.



Clutch, \$24.95, Colette by Colette Hayman.

Heels, \$39.95, H&M.



Playsuits are a perfect alternative to your traditional fit 'n' flare frock when the clock hits midnight. Go for a bright and playful print and never be scared to add fun statement accessories.

TOTAL \$147.82

UNDER \$200

A figure-hugging dress that kicks out at the hips is an amazing shape for everyone. And the bright fuschia colour of this one will make you stand out from the crowd.



Dress, \$79.95,
MinkPink.

Ring, \$7.95,
Colette by
Colette Hayman.

Choker,
\$22.82, ASOS.

Heels,
\$58, Next.

Clutch, \$26.62, ASOS.

A vibrant block-coloured mini dress makes for a glamorous base to add printed heels and jewel-tone accessories. Mix it up by swapping an eye-catching necklace for a glitzy choker.

TOTAL \$195.34

UNDER \$250



Bracelet, \$15.21,
Warehouse @ ASOS.

T-shirt,
\$29.95, Zara.

Necklace,
\$39.95, Zara.

Skirt, \$79.95, Zara.

Clutch, \$29.95,
Colette by
Colette Hayman.

Don't be scared to mix your prints and textures with your accessories. Now, let the countdown to midnight begin!

Heels, \$39.95,
Rubi Shoes.



The Aztec trend isn't going anywhere any time soon, but it can definitely be hard to nail. Team a heavily beaded skirt with a cool rock-style tank for a chillaxed yet chic summertime look.

TOTAL \$234.96

1 DRESS, 4 PARTIES

The perfect dress can be worn no matter the occasion, and we've found one that will take you from day to night and all the way back again.

DAYTIME BBQ

It's a casual affair that may result in you lying on the lawn with your shoes kicked off. Add a pair of summer slides, a wide-brim hat and you're set until the sun goes down.

Bag, \$149,
Jets by
Jessica
Allen.

Hat, \$39.95,
Seafolly.

Watch, \$99,
Sekonda.

Sunglasses,
\$99.95, Mimco.

Flats, \$129, Mimco.

Ring, \$126,
Nicole Fendel.

MUSIC FESTIVAL

The boxy shape of this dress means that it can look just as cool with sneakers as it does with a pair of killer heels. Why not tie a denim jacket around your waist during the day? You might find you need it for that walk home in the night breeze.

Hat, \$49.95,
Candidate
@ General
Pants Co.

Sunglasses,
\$19.95,
Colette
by Colette
Hayman.

Jacket,
\$39.95, H&M.

Bag, \$199, Mimco.

Bracelets,
\$12 (for pack
of 5), Dotti.

Sneakers,
\$100, Converse.

CLUBBING

Glam up this basic dress with pops of bold colour and beautiful costume accessories. Some knockout heels will make your legs go on for days when paired with this mini mod-style shift. Now, it's time to dance!

Bag, \$350,
Deadly Ponies.

Ring, \$159,
Nicole Fendel.

Bangles, \$14.95,
Colette by
Colette Hayman.

Earrings,
\$12.95,
Colette
by Colette
Hayman.

Heels, \$149.95, Sol Sana.

XMAS WORK DRINKS

So, it's officially the end-of-year break and you're heading straight to the bar. To make this dress work for both the office *and* the pub, wear it over cropped skinny pants. Then, just let your day-to-day accents bring this look together. It's a perfectly stylish match!

Bracelet,
\$49.95,
Witchery.

Silver ring,
\$24.95, Witchery.

Pants,
\$49.95,
Zara.

Handbag, \$60, Zu.

Flats, \$149.95, Finery.

Scarf,
\$99.95,
Mimco.

PERFECT MATCH

1 GOLD RUSH

Clutch, \$24.95, Colette by Colette Hayman.
Platforms, \$150, River Island.



2 WHITE NOISE

Heels, \$99.99, Betts.
Handbag, \$249, Mimco.



3 PINK AND PONY-HAIRED

Clutch, \$80, and platforms, \$200, Zu.



4 POWDER PASTELS

Heels, \$85.56, ASOS.
Handbag, \$145, Jigsaw.



While we are massive fans of clashing prints and shaking up our looks like crazy every now and then, we still love these cute coordinated shoe and bag combinations. It girls, style-setters and fashion packers take note...

5 ALL THAT GLITTERS

Clutch, \$80, and platforms, \$150, River Island.



6 LEOPARD LOVE

Clutch, \$19.95, and heels, \$29.95, Rubi Shoes.



7 SILVER LININGS

Heels, \$120, Topshop.
Wallet, \$14.95, Rubi Shoes.



8 POP-COLOUR PARTY

Handbag, \$249, and heels, \$249, Mimco.



GET A BEACH glow!

Shine like a goddess this summer without the hassle of an overnight faux tan. Naked Tan delivers a luscious, foolproof tan in two hours!

1. Prep & prepare

As we welcome warmer days and dare to bare our flesh, we're faced with the biggest annual spring/summer beauty drama of all: pasty skin. The good news? With the right prep, a beach glow is a couple of hours away. The day before applying Naked Tan, cleanse and exfoliate all over to ensure your tan glides on evenly for a streak-free finish.

1. GODDESS BODY CLEANSER, \$14.99.
2. GODDESS BODY EXFOLIATOR, \$24.99.



2. Bronze up!

For a deeper tan, opt for Naked Tan Goddess Bronzing Mousse or Naked Tan Goddess Self-Tan. Bit of a fake-tan phobe? Try Naked Tan Goddess Gradual Tan for a lighter golden colour and a less dramatic result.

1. GODDESS GRADUAL TAN, \$27.99.
2. GODDESS SELF-TAN, \$27.99.
3. GODDESS BRONZING MOUSSE, \$35.99.



3. Stay flawless

Moisturise daily with Goddess Crème de la Crème to maintain the quality of your tan and keep your glow for longer. Need a tan now? Use Goddess Instant Tan to give you a tanned colour in an instant that will last for up to 24 hours or until your next shower.

1. GODDESS CRÈME DE LA CRÈME, \$24.99.
2. GODDESS INSTANT TAN, \$27.99.



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AUSTRALIA

The Offer is valid for multiple purchases for CLEO readers. The Promoter is Naked Tan Pty Ltd (ABN is 49 131 872 403) Bauer Media will not be held liable for any failure of the online provider to honour or fulfil the discount offer.

beauty

Hide a hangover, **tress to impress** and tips à la Trunfio.

Poolside polish

Summer has well and truly hit Aussie shores, and with it comes plenty of good times and way too many late nights. This month, we school you in the easiest hair and make-up looks whether you're going to a beach BBQ or hanging by the pool. Plus, how you can wake up and look like you've had eight hours' sleep, even when you haven't. Go wild.



WORDS SARAH BROOKS-WILSON. PHOTOGRAPHY BRUNO JEWNIER/FOLI-ID.COM.



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Hot, hot *holiday* hair

Prepare to make serious waves with these head-turning looks that will keep you cool in more ways than one. Because this summer you've just got to twist, pin and party.

Salt, sand and sunshine – embracing all the elements of the season is something we wish we could do all year round. And this summer, there's literally no excuse for sacrificing your style simply because you're in for a long day (and night) by the water. The secret? An up-do that's as perfect for

the pool as it is for all the festivities afterwards. Take note of these party-friendly looks that will have you making a statement *without* the need for a post-pool blow-dry. From quirky twists to bold braids, your new summer hair staple is as easy as taking a quick dip. It's time to take sunny days by storm!



HOW TO: Poolside twists

It's time to take the top knot to a whole new level.

1 While your hair is still damp, rake straight with a fine-tooth comb to smooth all strands.

2 Take a wide V-shape section from the front of your head, tapering back to the crown and securing into a mini ponytail.

3 Pull the rest of your hair lengths into equal-size ponytails, in line with the first, down the centre of your head, evenly spaced, until you reach the nape.

4 Tie some thin, coloured rope around the base of each ponytail and wrap it around the hair, securing with a small hairtie. Twist the sections into buns in and around each other, securing with bobby pins. Weave extra rope around your head and through the buns, holding everything in place with bobby pins. ➤



HOW TO: Summer-daze braids

Plait, pin and style yourself
in the perfect summer scarf.

1 Divide your hair into small, separate ponytails, keeping the sections random. There's no need to be precise when creating this wild, fun look.

2 Apply a smoothing serum from the base of your ponytail through to the ends for smooth strands. Start plaiting each of the sections and then secure at the ends with some hairties.

3 Next, dip your head upside-down and wrap a headscarf around your hairline and then tie it in a tight knot at the back.

4 Entwine each braid into one another in a snake-like fashion, securing them with bobby pins.

Waterproof wonders

A day in the pool is no reason to skip your summer brights or beauty staples. These products won't run, smudge or fade, no matter how long you decide to float for.



- 1** Maybelline New York Super Stay 24HR Waterproof Powder in Nude, \$18.95. **2** L'Oréal Paris Volume Million Lashes Waterproof Mascara, \$27.95. **3** Prestige Color Intense Eyeliner Long Lasting Waterproof in The Blue, \$13.50. **4** Becca Beach Tint in Grapefruit, \$42. **5** Bourjois Color Boost in Fuchsia Libre, \$15. ➔



HOW TO: The slick, swept bun

Embrace your inner ballerina with a super-sexy high bun.

1 Skip the shampoo today and combat any oily roots with some dry shampoo. Dirty, textured hair will help this style to stay right in place.

2 Using a bristled brush, pull your hair into a high ponytail, securing at the crown of your head. Then, tease the end of the pony.

3 Smooth over the front of the teased pony, keeping the underneath side messy as well as backcombed.

4 Curve the ends of the hair under right the base of your ponytail and pin it in place. Finish with a light layer of hairspray to keep hairs smooth and secure.

Heatproof your hair

In a cruel twist of beauty fate, the time of year you want your hair to look its best is also the season it's most susceptible to damage. Here's what to steer clear of – and what to embrace – during the hotter months.

Avoid: chlorine

If you're more pool party than beach babe, you will know of the havoc this chemical can wreak on your tresses (think green tinges, straw-like strands and brittle ends). According to Anthony Nader, international hairstylist and the owner of Raw Hair, chlorine actually removes the natural oils and proteins from your hair, leaving it to fall victim to damage. While a swimming cap is a completely reasonable way to avoid this type of pool chemical, it's not the most stylish solution. So, rather than hiding your hair away, start protecting yourself before you dive into the water. "Dampen your hair, so that it is about 50 per cent wet," instructs Nader. "Next up, apply conditioner (an amount equal to the size of a 50 cent piece) evenly throughout and pull into a tight, low plait." A leave-in conditioner with liquid keratin such as **Schwarzkopf BB 11 in 1 Hair Beautifier**, \$10.99, will work to protect strands from the inside out.



Embrace: salt water

Save the money you usually spend on styling products by making the most of the ocean, which, luckily, has all the salt you could ever ask for. "If you want to embrace the Gisele Bündchen hair texture we all crave, start by blotting your hair dry after you take a dip. Next, take small sections of your hair and twist from roots to end and let dry," says Nader. "Salt water is perfect for giving even the finest hair extra lift."

Avoid: UV rays

Just like burning and ageing your skin, hair damage also needs to be added to the list of Bad Things The Sun Does To Us. So, just as you use a heat protectant before you blow dry or straighten, you should be applying a product which has a UV filter like **Sachajuan Hair In The Sun**, \$35, before extended periods outside. But that isn't the only precaution you can take in order to save yourself from sun damage. "Try experimenting with a couple of bright-coloured, patterned headscarves or big floppy hats," Nader suggests. "Top the summer look off with some oversized dark sunglasses."



Embrace: lightening

Afternoon drinking sessions, swims and general hangs in the sunshine can all mean a change in hair colour, especially for shades which sit at the lighter end of the colour spectrum. For those who fork out the big bucks all the time for their highlights to stay bright all year round, now's the time to save the cash while you can. Forget that old lemon juice solution and apply a nourishing lightening product just like **L'Oréal Paris Casting Sunkiss Jelly**, \$12.95, which works to gradually take you up to two tones lighter. Simply apply the product, then some heat (from the sun or even a hairdryer) and watch the light slowly start to shine through.



Avoid: colour fade

For some, highlights are the makings of good hair dreams, but losing that colour you've worked so hard to make perfect can be a total beauty nightmare. "Dehydration is your worst enemy," says Nader. So, it's all about fighting the lack of moisture with regular treatments. Look for products specially formulated for coloured hair such as **Clear Scalp & Hair Beauty Therapy Damage & Colour Repair Mask**, \$9.99. In addition to the UV protectants and anti-colour fade products, a healthy diet can help your hair stay hydrated and strong. Foods including salmon, sweet potato, eggs and spinach can work wonders on your locks. If you find it tough incorporating so much goodness into your daily diet, supplements such as **Swisse Ultiboost Hair Skin Nails 60 tablets**, \$26.95, can give you an extra beauty boost.



Embrace: hair accessories

Thick ribbon may have been trending in winter, but right now we're thinking the complete opposite. "Bright colours equal fun," Nader explains. "Summer's the time to experiment with hair bands and accessories. Think outside the box and use them to highlight a feature of your style. Braiding ribbons through a style can add dimension and fun."



STRIKE

A POSE

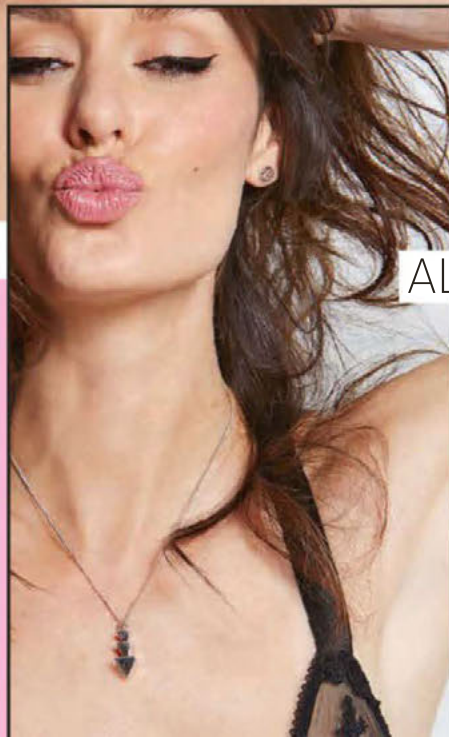
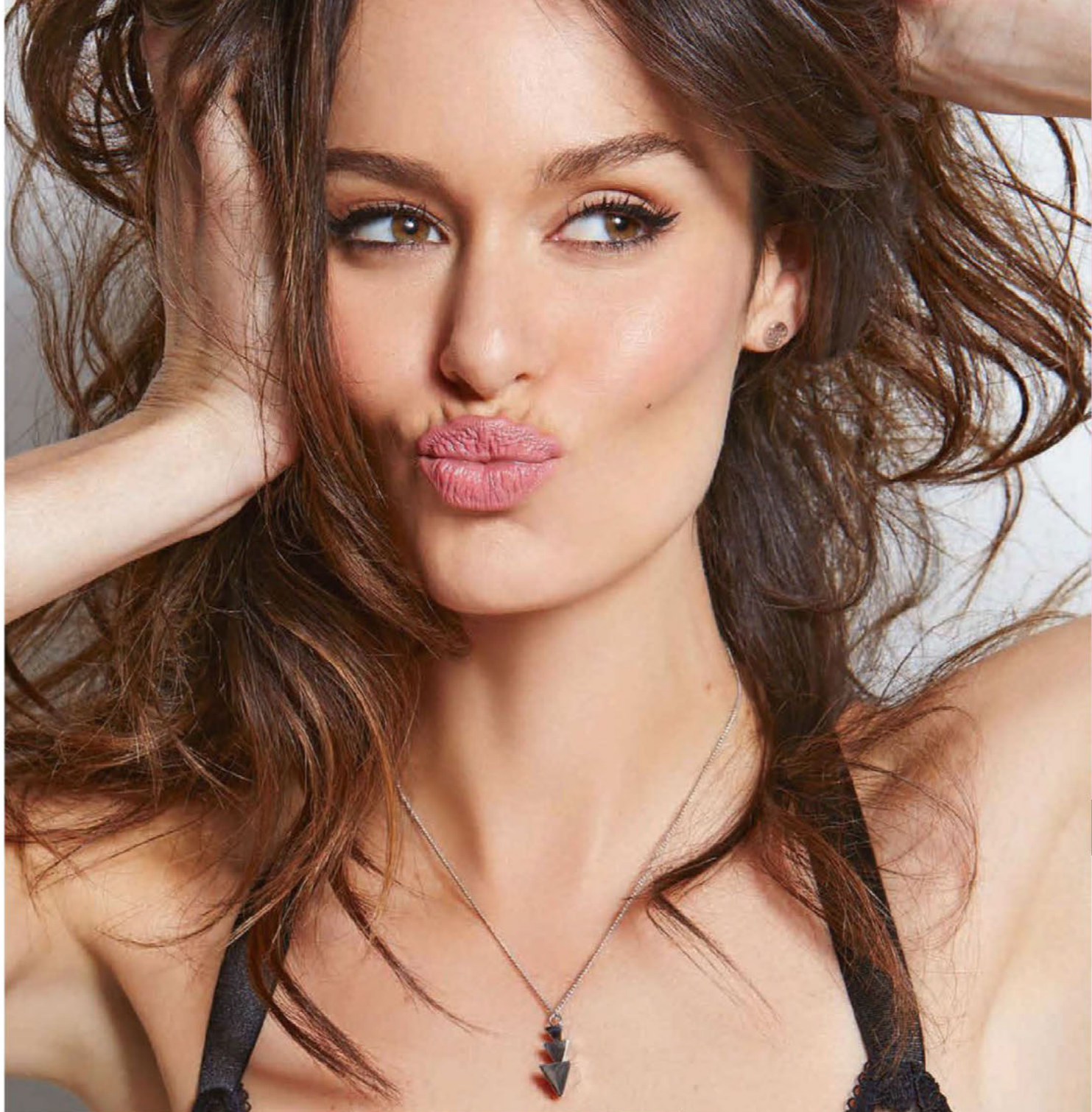
Homegrown supermodel Nicole Trunfio shares her three signature party looks that will have you stealing the show in no time – plus we have a sneak peek of her new jewellery range!

If you follow Nicole Trunfio on Instagram, you'll have noticed a strong recurring theme – curves, contours and a cat-eye that's so on point it could leave any woman questioning her liner ability forever. When it comes to beauty, there is absolutely no doubt the 28-year-old supermodel from country Western Australia can spot a party-worthy look from a thousand miles away. Now based in New York City and walking the fashion runway for the likes of Chanel and Valentino, Trunfio is a woman we're always happy to welcome home. And arriving at our studio in the late afternoon straight from another shoot, she admits that she's perfected the art of hair and make-up on the run, because of

necessity. "Sometimes when you get your hair and make-up done, it can take up to three hours. If I always had that luxury of time, I would get a make-up artist, but I don't always."

After working as one of just three mentors on Fox 8's *The Face Australia*, Trunfio has turned her attention back to her jewellery line, Trunfio Universe. After relaunching her range as a fine jewellery collection last year – with a fan club of singer Miley Cyrus and Trunfio's boyfriend, American musician Gary Clark Jr. – her latest jewels will continue to be a luxe mixed-metal range.

CLEO spent the day checking out her new jewels and got an insight into the beauty styles Trunfio would call her special signatures. We show you how to nail them every time.



ALL THAT GLITTERS...

Lovers of fine rings, geometric shapes or wear-forever bracelets, get your wish list ready! This newest line is a range of wearable investment pieces. It includes a mix of fine and more statement designs, like the jagged pendant worn above and bracelets (left). The inclusion of gold, silver and rose gold means it would be almost impossible to avoid falling for at least one piece. The full range will be available to browse and lust over exclusively online next year (trufiouniverse.com). ➡

WHEN IN DOUBT, WING IT

The reason you should never ask a girl with winged liner why she's late? Because it's damn hard, that's why. Rae Morris, top make-up artist and creator of the Rae Morris magnetic brush range, explains how to make the whole thing a lot easier and faster. "Contour your eyelids with a matte brown eyeshadow by blending the colour into the crease of your eye socket, leaving the eyeliner to be the statement," says Morris. "I recommend using gel liners as opposed to liquids, as liquids tend to crack. Gels give you the flexibility to play before they set, and once they do, they last all day."

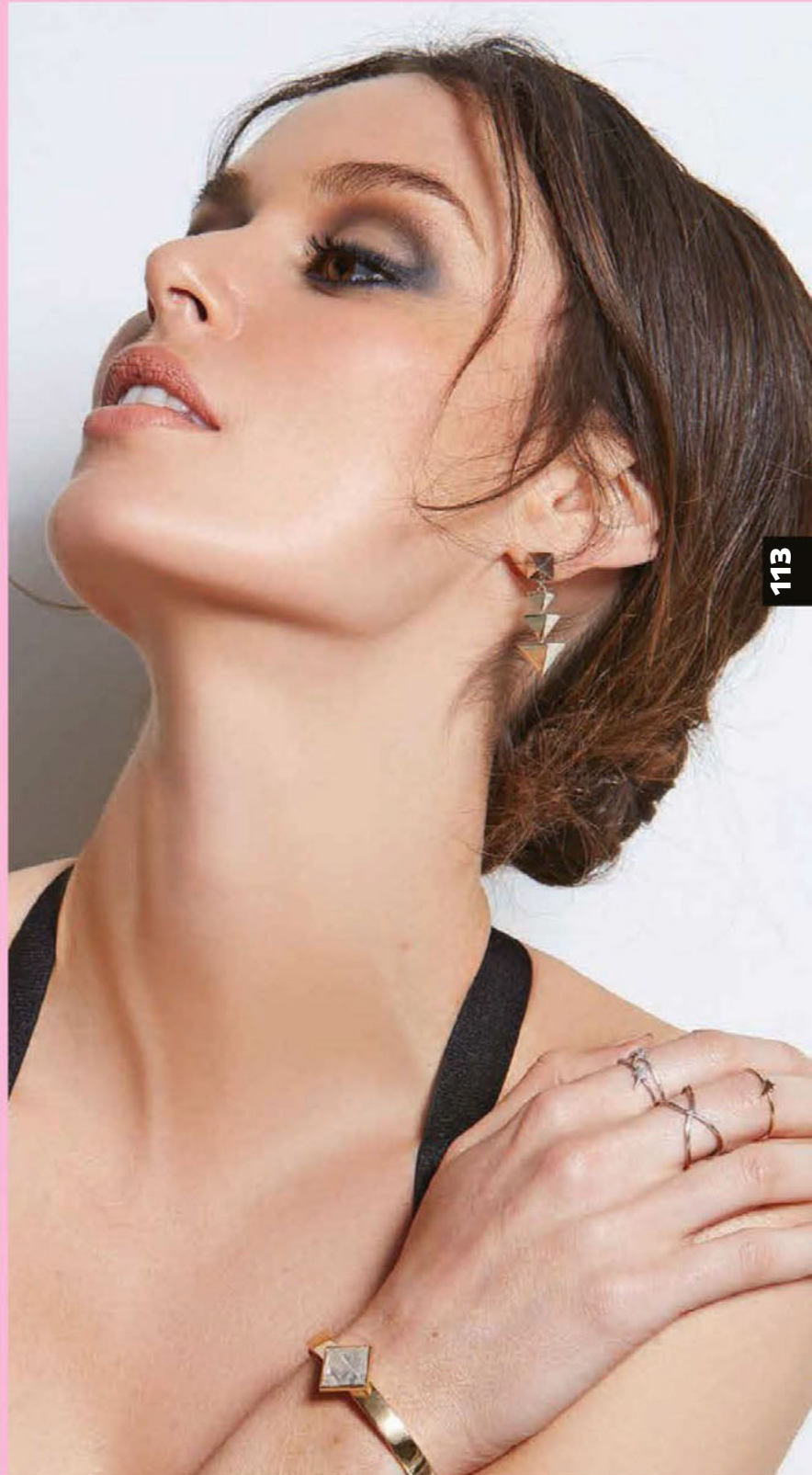


A SECOND TO SHINE

2 Gone are the days where a perfect base just meant perfect coverage. Now, especially during party season, dewy, illuminated skin has taken the place of anything close to resembling matte. "Creating luminous skin is simpler than you think," says Morris. "Just use a liquid illuminator prior to applying your foundation. If you have really oily skin, simply apply shimmer powder to your cheekbones instead." For a lighter coverage, swap foundation for a BB or CC cream.

3 ALL SMOKE AND MIRRORS

"The key to the smoky eye is to follow the contour of your eye and to start in the middle," advises Trunfio. "I used to hate any make-up close to my eye, but now I've realised that if you really follow your eye shape you can get a more beautiful look. I will contour my eyelid if I want to make it a little more dolce vita." To make blending your eyeshadow easier, Morris advises to prep the eyelid with a translucent powder before using dark colours. 📸



POST-PARTY

When you 'accidentally' have six glasses of champagne, the morning after can be rough. But that doesn't mean you have to look how you feel.

BEAUTY RESCUE



Sometimes, things can get more than a little out of hand. What starts as a restrained 'I'll just have one vodka mojito, thanks' turns into numerous ones (and some embarrassing videos of table-top karaoke singing). Then throw in a few light canapés on an empty stomach and yep, you've definitely created a recipe for disaster. Welcome to the party season, where the nights are late, sleep is always short and your feet seem to be continuously sore.

And while we can't provide you with a magical cure for the following morning's punishing headache, we can definitely help with the whole 'hiding the signs of a serious night out' thing. Read on, and then go forth and party like it's 2015!

1 Lighten up your skin

Woke up with dull, lifeless skin? Ain't nobody got time for that. Fake a super well-rested glow with a hint of illuminator. "Use a liquid and mix it into your foundation," says Victoria Curtis, founder of Curtis Collection Cosmetics. For some added warmth, choose a warmer colour in gold or bronze like **Curtis Collection Radiant Glow Illuminator**, **\$49.50** (1). You can also use it along the top of your cheekbones, the bridge of your nose and across the brow bone to help draw light to the high points of your face.

2 Add volume to lashes

Give tired peepers an instant lift by using an eyelash curler and applying a volumising mascara such as **Max Factor Clump Defy Volumising Mascara**, **\$24.95** (3). Work on opening up your eyes as much as possible for a more brightening effect.

3 Correct dark patches

Dark circles tell many a story from the night before, so simply master the art of correcting and concealing. "Prep the skin using some hydrating eye cream along your under-eye area and wait for it to absorb," says Alphie Sadsad, Bobbi Brown head make-up artist for Australia. Then, gently apply a good concealer like **Bobbi Brown Corrector**, **\$40** (9), from the inner corner of the eye and along the under-eye area where you see colour. "Bisque shades of corrector are great for neutralising dark circles, whereas peach shades are generally better for hiding tones of blue or purple," he says. After the corrector, apply concealer like **L'Oréal Paris Infallible Longwear Concealer**, **\$19.45** (6), on top, starting at the outer corner of your eye and gently pat it, moving towards the inner corner. "Blend using your ring finger and then dust with pressed powder."

TRY THESE BABIES FOR A MORNING-AFTER GLOW



4 Hydrate yourself

Dry skin is a tell-tale sign of a big night. The morning after, apply a face oil such as **Palmer's Cocoa Butter Formula Multi-Effect Perfecting Facial Oil**, **\$19.99** (2). "Place it under your make-up by pressing it into the skin or try massaging it underneath moisturiser for extra hydration," says Sadsad.

5 Relax your tired eyes

Red, puffy eyes are not a good look, but a light massage can fix all that. "Tap lightly with your fingertips, around and on the area that is puffy," says Curtis. "Always begin in the middle of the face, working your way out." Slowly, the excess fluid will drain from the area and your eyes will return to normal. If this doesn't seem to do the trick, ice the area for five to 10 minutes to reduce inflammation. Remember, if your eyes are itchy and dry, eye drops will help to clear it up.

6 Exfoliate

No matter how big your night was, sleeping with make-up on is the biggest beauty sin. From clogging pores to encouraging breakouts, it's basically a lose-lose situation. But if you've been naughty and slept with make-up on, a gentle exfoliation the next morning will help to reverse the damage. "This will add radiance to your skin and give you a natural sheen," says Sadsad. Try **ModelCo Exfoliating Cream Facial Scrub**, **\$20** (5).

7 Wash your tresses

So you can't exactly wash away the hangover, but washing your hair is the first step. Alcohol makes you sweat more, which may make your scalp oilier than normal. So, lather those tresses or sprinkle dry shampoo like **Pantene Pro-V Nature Infusion Dry Shampoo**, **\$9.99** (8), on your roots to soak up the greasiness.

8 Accent with blush

"Pink blush will add a pop of colour and a fresh dewiness," says Sadsad. Start on the apples of your cheeks and work back in one motion towards the outer corners of the eyes. Pink or apricot will help play down any blemishes that have broken out overnight. Try **Revlon Powder Blush in Racy Rose**, **\$26.95** (4).

9 Brush your pearly whites

We don't need to be telling you this, but teeth brushing is an instant pick-me-up. Fresh breath really does make everything better. Try **White Glo Professional Choice Extra Strength Whitening Toothpaste**, **\$5.49** (7), and don't forget to smile! ☺

Beauty news

All the pretty things we're talking about this month.

All your party problems solved

These brand new products will sort out all your festive dilemmas.

1 PROBLEM: You haven't had a good eight-hour sleep in weeks.

We all know nothing can recreate that glow you get after a gorgeous night of peaceful slumber. However, new **Johnson's Face Care Daily Essentials Night Pampering Facial Cleansing Wipes**, \$6.99 (3), are easily the next best thing. Not only do these wipes work to remove your existing make-up from the day, but they also have a sweet moonflower scent, known to calm your senses and get you ready for some serious rest. To avoid the morning panda eyes, remove your eye make-up separately with a soft and soothing product like **Neutrogena Oil-Free Eye Makeup Remover**, \$10.89 (1), which contains aloe and cucumber to fight any puffiness.



2 PROBLEM: You want your spray tan to last from Thursday to Sunday.

We all know that looking after a great glow means moisturising, but to really get the most from that salon appointment, swap your regular lotion with a hydrating tan builder like **Naked Tan Goddess Gradual Tan**, \$27.99 (2). The benefit is that it will top up your colour and protect your skin at the same time.

3 PROBLEM: Your portable get-ready case needs to have less items in it.

This is the season for smooth legs, but when you're stressed about the pressure your beauty kit is putting on your shoulders, it's time to swap some items for the mini version. The **Gillette Venus Snap with Embrace Razor**, \$15.99 (4), is perfect when you're on the go.



WORDS GYAN YANKOVICH PHOTOGRAPHY GETTY IMAGES AND JASON LLOYD-EVANS

IN IT FOR THE LONG HAUL

Fading lipstick and chipped nails are universally regarded as the top two tell-tale signs of a rather trashy night out. When it comes to keeping your nails tidy, a polish that boasts up to 12 days wear like **L'Oréal Paris Infallible Gel Nail Polish in Irresistible Bonbon**, \$12.95 (5), will see you well and truly beyond the weekend. Stay classy with a long-wear bold lip colour like **Rimmel London Provocalips 16HR Kiss Proof Lip Colour in Kiss Me You Fool**, \$17.95 (6), that works with a colour layer and clear top coat to keep your lips un-smudged no matter how many Amaretto Sours you devour.



HAIR TREND: THEY'RE SOME NICE BUNS...



There's no denying our intense feelings for really anything and everything Marc by Marc Jacobs, and these buns are definitely no exception. A classy spin on the Miley twists, even Rita Ora was getting around this trend post Fashion Week. But for a more wearable take, leave the back section of your hair free and wear the bun up close to your hairline.

SCENT OF HAPPINESS

A new twist on the fragrance we've all already fallen hard for, **Lancôme La Vie Est Belle L'Absolu de Parfum**, 40ml, \$158, is an intense version of the original, with iris notes perfectly matched to this time of year.



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THE PERFECT MATCH FOR HEALTHY LOOKING SKIN



HELPS LOCK IN MOISTURE
FOR LESS DRYNESS*

*vs. Breeze over time.

Next month:

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Grab a copy of our January issue and get a bonus *CLEO Fitness* mag. Soak up the latest wellbeing news, check out our must-have guide to a healthy night out, as well as all the sport-inspired fashion and beauty that you can handle.

PLUS

- The nation's sexiest male athletes
- 25 ways to save money
- Your 2015 travel hot list

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wellbeing

Health myths, **get-fit tips** and all about contraception.

Thanks, **COACH**

Are you wound up tighter than a jack-in-a-box? Combat some of the stresses that life brings by being your own wellbeing guru.

Considering they're the ultimate masters of calm, wellness coaches can improve your zest for life and help you kick major goals, according to a new study by the Mayo Clinic. Researchers found that when people undertook wellness coaching for three months, focusing on personal strengths and goal creation, their quality of life improved – and they managed to maintain the positive changes, too. So let your true potential shine and book in a session with a local coach or, if you find yourself stuck for time, just follow these three easy steps:

1 Envision the life that you want. Start off by asking yourself the question, 'How do I want to feel in my life?' If it's happy, inspired or perhaps courageous, begin building future goals around these feelings and try to bring them to life.

2 Notice that critical voice. See a separation between the real you – capable, strong, smart and eager – and the self that holds you back. Move beyond that voice and endeavour to see things through a positive and empowered lens.

3 Get moving, even before you're ready. You need to stop focusing on perfection. Instead, move forward with whatever you're currently tackling. Once you get going, it will all flow from there. ☑

The HALO EFFECT

How some of the 'healthiest' foods are sabotaging your fitness goals, without you even knowing it.

RAW FOOD, GREEN SMOOTHIES, SUGAR-FREE, PALEO...

These are just some of the trends doing the rounds in the health world right now. But just because these foods are perceived to be better for you, it doesn't mean they are, says nutritionist Caitlin Reid. It's known as the health halo effect, and research shows that perceiving food to be healthy leads us to lower our guard when it comes to counting kilojoules – and ultimately we end up overeating or even feel entitled to indulge with food. Does this sound a little familiar? Well, here are six of the top health halos that could really be sabotaging your health.

MYTH 1: LOADING UP ON RAW GOODIES

Raw food is all about minimising your intake of processed food and loading up on natural plant foods. The idea is that you will improve your fibre count and limit your intake of unnecessary nasties such as saturated fat, sugar and salt. This may sound all good in theory, but using it as a justification to have large helpings of that raw caramel slice from your favourite organic cafe made with lashings of coconut oil, dates and maple syrup won't do your waistline or your health any favours, no matter how delicious.

HALO HELPER: Whether your treats are raw or cooked, make sure you keep them as just that – treats. It's fine to enjoy them on occasion, in portion-controlled amounts, but remember that they are definitely not a suitable breakfast option. Chocolate, even in the form of raw cacao, is not your best start to the day.

MYTH 2: EATING "SUGAR-FREE"

Replacing cane sugar with agave syrup, rice malt syrup, maple syrup, honey, dates or even coconut sugar unfortunately doesn't make your favourite recipes sugar-free. The range of these alternative options made for sweetening your favourite dish are all, in fact, sugar. They really don't have any particularly miraculous health benefits to them either, just sweetness, so watch your intake.

HALO HELPER: Don't stress – a small amount of sugar in your diet is actually totally OK. So instead of focusing on the type that you're consuming, pay attention to the amount. Try to aim for natural sugars like fruit, yoghurt and milk, while reducing the amount of added sugars you consume.





MYTH 3: DOWNING GREEN SMOOTHIES

It's no wonder green smoothies are such a massive health craze. Apart from being totally delicious, they're easy to whip up and are filled with a wide range of super ingredients like kale, spinach and celery. But along with veggies, fruit and milk, it's common to also find lots of high-kilojoule additions like honey, peanut butter, chocolate, flavoured syrups and ice cream when you buy them in stores. Such rich additions mean your smoothie contains far too many kilojoules to be considered a snack. And not only that, but research has also linked them to enamel erosion on your teeth, particularly when consumed between meals.

HALO HELPER: Smoothies can be a great option when made with some natural or Greek yoghurt, skim milk or another milk alternative, fresh fruit, seeds and leafy greens. But when they are all made with coconut water, coconut oil and loads of fruit, you are actually consuming too much sugar and fat, and minimal protein. So what's really the best option? It's a great (and fun) idea to make your own smoothie so that you know exactly what goes into it, and keep your teeth happy by only drinking it at meal times.



FOUR PIECES OF TOAST ISN'T REALLY 'CARB-LOADING'. GOOD QUALITY CARBS LIKE BROWN RICE, QUINOA AND OATS GIVE YOUR BODY ENERGY.



MYTH 4: SUBSTITUTING REAL FOOD FOR SUPPLEMENTS REGULARLY

Each morning you wash down your multivitamins, fish oil tablets and probiotics with a tonic, before recovering from your workout with a chocolate-flavoured protein shake. But in between taking all these pills and potions, you find you're often skipping meals and chowing down on fries because you feel the supplements are giving you all that you need. Here's a fact: for prime fitness, your body needs all the antioxidants and nutrients found in real food.

HALO HELPER: Remember that supplements are designed to do just that; supplement your diet. To become the very fittest version of yourself, eat a balanced diet with a variety of whole foods. Then, if you need to, you can add in an odd supplement that meets your own needs.

MYTH 5: HIGH-PROTEIN, LOW-CARB EVERYTHING

If you believe all the hype, then carbs are evil and anything with the word 'protein' on it must be a good option. Whether it's bars, balls, shakes or brownies, the latest foodie trend is to feast on protein at all times. But if you are trying to get the most out of your workout, you will need more than just protein — carbohydrates give you the energy you need to really succeed. If you flip over your protein-loaded snack to check out the nutritional information, you will find that most often they are full of cheap fillers, highly processed artificial ingredients and sugar alcohols to provide their sweet taste.

HALO HELPER: If you are determined to achieve your fitness goals, you need to put the protein hype behind you. The good quality carbs are brown rice, quinoa and oats and provide your body with great fuel. You can adequately meet your daily protein needs by including lean meat, eggs, skinless chicken, fish, legumes, nuts and dairy products with all meals and snacks. If you do feel like having a protein snack, find one that contains natural ingredients and you'll reap the benefits.



MYTH 6: BELIEVING ALL ORGANIC FOOD IS GOOD FOR YOU NO MATTER WHAT

Seeing the word 'organic' on any food label unfortunately doesn't mean fewer kilojoules or make it any more nutritious — so put down the organic lollies and chocolate biscuits. The great thing about natural foods is that they use a production system that creates ethical, sustainable and environmentally friendly food, while also refraining from using any pesticides, hormones and antibiotics.

HALO HELPER: Be sure to purchase organic foods for all the right reasons like the environment, or to reduce your intake of pesticides and other chemicals, and not just as the healthier food choice. No matter how much you want to stick to the status quo by joining the 'organic only' gang, it's not healthy. 🚫

THE

CONTRACEPTION

INCEPTION

With a survey revealing that we put more thought into going on a holiday than our birth control, the question arises: Why don't we really think about contraception any more? Especially when it's never been easier to find the right one for you. By **Paula Goodyer**.

Here's what we know how to do: kill it at work, whip up a green smoothie that would put Gwyneth Paltrow to shame and clear out our internet search history so our boyfriend doesn't see just how many times we've

Googled Theo James. So at a time when women have never been savvier, why are we not so savvy about contraception?

It could be that with so much else to think about, birth control just isn't up there on our list of priorities. Earlier this year, Bayer Australia surveyed more than 3,300 women and found that almost half put more thought into their last holiday destination than their contraceptive health, while about a third of these women concentrated more on their last wardrobe purchase than birth control.

"More worrying still was that 25 per cent of women said that they had made the switch from taking the pill to another form of contraceptive method without consulting a healthcare practitioner," explains Ursula Harrison, clinical services manager for Marie Stopes International Australia, which provides contraception and sexual health services nationally via Dr Marie Clinics (drmarie.org.au).

The numbers suggest we are playing a risky game of Russian roulette when it comes to birth control. Each year there are around 80,000 abortions in this country, with an estimated one in two pregnancies unplanned. Then there are some of us who rely on that not-so-reliable contraceptive method: withdrawal. Last year the Queensland University of Technology's CUPID Study, which shone a light on young Australian women's use of contraception and reasons for unplanned pregnancy, found that of the participants who reported becoming accidentally pregnant, around one quarter had used the withdrawal technique.

But with so many options available these days, from the pill to intra-uterine devices (IUDs), implants, vaginal rings and, of course, the morning-after pill, why are there so many people still relying on such hit-and-miss methods of contraception? Harrison believes we aren't getting the birth control education we need. "Many women go by their friends' experiences with contraception, or by their mother's experience, which may now be out of date," she says.

While our friends are great for unloading relationship hiccups, they are unlikely to be across the entire range of contraceptive options out there or the different factors involved in picking the right one – like any individual health issues you might have. So to get you clued up on all things contraception, we went straight to the experts for their advice on finding the best option for you and your body.



IF YOU... WANT TO 'FIT AND FORGET'

If you're the type of person who can't recall their iPhone passcode, let alone remember to take a pill at the same time each day, you could be a prime candidate for long-acting reversible contraception (LARC) or 'fit and forget' devices. So, if memory isn't your strongest suit, IUDs or the contraceptive implant might be the way to go.

Despite the continuing myth that IUDs cause things like pelvic infection, which increases your risk of fertility issues, modern IUDs are effective and completely safe for most women. Dr Mary Stewart, senior medical officer at Family Planning NSW, says the concern regarding infection came from the notorious Dalkon shield back in the '70s – a device which is long gone.

"If you compare two women, one with an IUD and one without an IUD, who both pick up the common STI chlamydia, we now believe that both have the same risk of developing a pelvic infection. So the IUD doesn't appear to make a difference," she says. "The only thing to consider is that there's a small risk of an infection in the three weeks following insertion, but that's the same as any procedure involving the cervix and can be treated with antibiotics. An IUD doesn't interfere with fertility; once it's removed your fertility is normal straight away."

It's important to know LARC methods need to be inserted and removed by a doctor or nurse. These include:

• The hormonal IUD (Mirena)

This is a T-shaped plastic device that fits right inside the uterus. Mirena works by slowly releasing the hormone progesterone, which prevents pregnancy on two fronts. One is by thickening the mucus in the cervix in order to create a natural barrier to sperm. The other is by thinning the uterus lining, helping prevent any fertilised egg from implanting in the womb. It can stay put for five years.

Pros: The hormone dose is low – the equivalent of two 'mini pills' a week. It also reduces bleeding during periods and is 99 per cent effective in preventing pregnancy.

Cons: For some women, Mirena might cause irregular bleeding and spotting in the first few months after it's inserted. It also holds zero protection against STIs.

• The copper IUD

It is a small device made from plastic and copper that fits inside the uterus. The copper helps stop any sperm from reaching the egg and also works to prevent any fertilised egg from implanting in the lining of the womb.

Pros: It can stay in place for up to 10 years and it's the most effective non-hormonal, reversible contraceptive.

Cons: The copper IUD could possibly increase bleeding with periods and doesn't protect against any STIs.

• The contraceptive implant

This is a small, flexible implant that's inserted under the skin (via local anaesthetic) on the inner arm above your elbow. It's not really noticeable, but you can feel it. This implant prevents ovulation when it releases low-dose progesterone into the bloodstream. Called the Implanon NXT, it can stay in for three years and is 99.9 per cent effective. Fertility returns to normal soon after removal.

Pros: This method is suitable for most women of any age.

Cons: It changes a woman's regular bleeding pattern and while this means many women will have less bleeding or no bleeding, around one in five will have irregular or persistent bleeding that leads them to have the implant removed. Plus, it doesn't protect the body against STIs.



IF YOU... CAN REMEMBER TO TAKE THE PILL

First introduced in the '60s, the oral contraceptive pill is one of the most widely used methods of contraception around but there are still a number of frequently asked questions. Like, is there a link between the pill and cancer? "Research into links between breast cancer and the combined pill are conflicting and if there is a risk, it's very small," Dr Stewart explains. "Taking the pill doesn't appear to affect the risk of breast cancer." However, hormonal contraceptives aren't recommended for women who've had breast cancer.

In some cases, the pill can in fact lower the risk. "The combined pill is linked to a reduced risk of three cancers: ovarian, endometrial (which means the lining of the uterus) and bowel cancer – all of which can actually be harder to initially detect than breast cancer," Dr Stewart adds.

Another myth which continues to do the rounds from the pill's early days is that it automatically leads to putting on weight. "There's no direct evidence that the pill causes weight gain, but some women say they've gained weight," Dr Stewart explains. "Some also report mood changes and lower sex drive on the pill – again, it's hard to find a direct link between the pill and these problems. Although, if you feel these effects, it's important to pay attention to them. Your doctor can try a different formulation pill to see whether things improve or try using another contraceptive method."

• Combined oral contraceptive pill

'The pill' is actually many different pills with varying doses of two hormones, oestrogen and progesterone, which prevent ovulation. If you take it every day, it's 99 per cent effective, although in real life it's only 91 per cent effective because it's often easy to forget to take. "Also, there's no 'one size fits all' contraceptive pill – talk to a health professional to find one that suits you. Just know it may take trial and error in order to figure out the one that works best," says Dr Stewart. There are some formulations that are more expensive than others. It's also worth noting that there can be some side effects like bleeding between periods, sore breasts and nausea at first, but they usually settle down after a while.

Pros: It can improve PMS and acne for some women.

Cons: This contraceptive might not be suitable if you have risk factors for heart disease, stroke or blood clots, such as some types of migraine headache, being overweight or if you smoke. And the pill doesn't protect you against STIs.

• Mini pill or progesterone-only pill (POP)

Because it contains just one hormone, progesterone, and no oestrogen, this is considered to be a safe method even for women who are at risk of getting blood clots. But despite it being roughly 99 per cent effective in preventing pregnancy if used correctly, 'correctly' means that you will have to take it within the same three-hour time frame each day.

Pros: Most women are able to use this type of contraception.

Cons: The mini pill or POP might cause irregular bleeding and doesn't protect your body against the threat of STIs. ➡

IF YOU... ONLY WANT TO THINK ABOUT IT NOW AND THEN

If you're not keen on the more long-term options but you also don't want the daily hassle of remembering to take the pill, there's a happy medium out there for you. Both of these methods only need to be tended to every few weeks or months, with the vaginal ring having the added benefit of being able to do it yourself at home – yep, no doctor's visit required!

• The birth control shot

An injection of progesterone, this prevents pregnancy by stopping ovulation. Called Depo-Provera or Depo-Ralovera, this shot is injected every 12 weeks and is 99.8 per cent effective – if you have them on time.

Pros: Sometimes your period will hit the pause button while you're using this type of birth control.

Cons: If you use this method, you need to remember to have the injections. It could take eight months or perhaps longer for your fertility to return to normal after you stop having the injections. Weight gain is a possibility, especially if you're already overweight.

• The vaginal ring

The NuvaRing is a soft plastic ring about the size of a child's bangle that slowly releases oestrogen and progesterone – the same hormones in the combined pill. You insert it yourself (as easy as using a tampon), keep it in for three weeks, then replace with a new ring every three weeks. In theory, it's 99.7 per cent effective when used correctly, but less effective in reality because of needing to remember to replace it.

Pros: This gives control over your period like the pill, but you don't have to remember to take it daily.

Cons: Remembering to replace it can be problem for some – a reminder on your phone or signing up for a text alert can help. It doesn't protect against STIs.



IF YOU... NEED SOMETHING RIGHT NOW

• Male condoms

They might seem like they're pretty low tech, but male condoms protect you from both pregnancy and STIs. They're 82-98 per cent effective for pregnancy prevention if they're used correctly.

Pros: This method is inexpensive and there are no side effects – unless you are allergic to latex or the lubricant (polyurethane condoms are available if you can't use the latex-made ones).

Cons: They're perishable (keep them in a cool place) and oil-based lubricant like massage oil or petroleum jelly can cause breakages.

• The female condom

This is a polyurethane sheath that keeps sperm out by providing a protective lining for the vagina. You just insert it into the vagina before sex and its two flexible rings keep it locked in place. Used correctly, it's 79-95 per cent effective. With both condoms, the emergency pill can provide back-up if a condom breaks or slips.

Pros: This condom's external ring can stimulate the clitoris and make sex more pleasurable. They also help to prevent any STIs.

Cons: They can be tricky to insert and are a bit pricey. They're not widely available in pharmacies but you can buy them online.

IF YOU... ARE CAUGHT OUT

The condom breaks or you forgot your pill and suddenly there's the risk of pregnancy. What now? A swift trip to your local pharmacy for an emergency contraceptive pill, with no prescription needed. This pill prevents around 85 per cent of pregnancies if taken in the first 72 hours after unprotected sex. It's most effective when taken within the first 24 hours, although it can still prevent pregnancy if taken up to five days after unprotected sex.

This pill isn't an 'abortion pill' as it doesn't terminate a pregnancy, but it manages to stop the pregnancy from starting, mainly by preventing or delaying the release of the egg. "It's safe to use even if you find yourself needing to use it more than once in a cycle," Dr Stewart explains. "But while the emergency pill is readily available over the counter at the chemist, it might vary in cost – from \$14 to as much as \$70, depending on the pharmacy."

Then there's a second emergency option, which is to have a copper IUD inserted, as this will prevent about 99 per cent of pregnancies if it's inserted within five days of when you had sex. Once it's in, it will provide ongoing contraception, but unfortunately it's not as convenient to access as the morning-after pill.



STILL GOT QUESTIONS?

For more information, see:

• Your GP

If you don't have a GP or would rather not see your usual doctor, look online for a GP with a special interest in women's health.

• Contraception and reproductive health clinics

Family Planning Alliance Australia is the peak body for sexual health and family planning organisations in Australia. For more info, go to fpallianceaus.org.au/members.

• Dr Marie clinics across Oz

Seek them out for contraception and sexual health services and support. Click on drmarie.org.au.

• Family Planning NSW

For advice on contraception and sexual health, call their helpful talkline on 1300 658 886. 📞



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Nikki (right), with her teammate Mariafe Artacho.



Star of the sand

With a gold medal at the under-23 world championships, beach volleyballer and SLAM ambassador **Nikki Laird** has her sights set on the 2016 Olympics – so who better to hit up for some fitspo?

1 HOW SHE UNLEASHES HER INNER NERD

"Aside from sport, one of my biggest passions since I was small is science. I've been a weird mix of sporty and geeky my whole life, but really love to spend my spare time reading or just talking about physics."

4 THE ONE THING NIKKI CAN'T LIVE WITHOUT

"Fruit. My mum told me when I was a kid that fruit is 'nature's lolly' and I have believed that ever since. I'd be lost without it! Especially during summer, there's nothing better than eating a juicy watermelon."

7 HER ALL-TIME HERO

"It has to be my first volleyball coach, Dieter Rohkamper. I'm forever grateful to him – he coached me when I was at my most raw. And it wasn't just what he taught me but that he shared his infectious love of the game with me, too."

2 HER TRAVEL HOTSPOT

"My favourite place ever is the Netherlands. I love everything about it – from the excessive amount of bikes to the bipolar weather. I also love that being a woman who is over six-feet tall is actually quite a normal thing in the Netherlands!"

5 WHAT MAKES NIKKI SMILE LIKE CRAZY

"When I'm playing volleyball at my home court with family and friends supporting me. It's incredible to have people who have invested time and energy into me and sharing the joy as they watch me play."

8 WHAT IT TAKES TO RISE ABOVE SETBACKS

"Whenever I feel challenged, I remember 'this too shall pass'. Even when it feels like the worst problem I've ever had, I remind myself that I felt like this the last time and still made it to the other side."

3 HOW SHE KEEPS IT REAL

"I'm fortunate enough to have people in my life who inspire me on a daily basis. Listening to stories about how people handle themselves when they face challenges, that's what gives me something to aim for when roadblocks come up."

6 HER GAME-DAY PREP

"Before a game, I always listen to music; it's been a routine of mine for a really long time. I also like to wear a watch and haven't played without one in almost four years now. I can't even begin to imagine how unsettled I'd feel without it!"

9 NIKKI'S SECRET HOBBY

"Running! It's something that makes me happy without worrying about anything else."

Get involved in fun, social beach volleyball competitions across Oz with SLAM. Go to slamfestival.com for details.

NYE cocktails, **secret beaches** and our fab gift guide.

1. Ginger beer + blended cucumber + gin.

2. Fresh raspberry + blended pineapple + vodka.

3. Mint + watermelon + vodka.

ALCO POPSICLES

Warm weather and ice blocks define our childhood but for a grown-up summer this year, cool off with these spiked treats.

MAKE THESE AT HOME
For the full recipe, download the free **viewa** app from the App Store or Google Play and hold your phone or tablet here.

cleo's GIFT GUIDE

Forget shopping around, we've done it for you. Take a seat, grab a cuppa and browse straight from our pages.

The traveller

They are into the outdoors, heading on a trip, or a lover of adventure.



- 1** Sunnlyfe Beach Sounds Papyrus, \$56.95. **2** Glorious Difference Picnic Rug in Sunshine, \$178. **3** MOR Star Bright Hand Cream Trio, \$29.95. **4** Nike Roshe Run Breathe Sneakers, \$130. **5** Reid Cycles Virtue Campus Ladies Bike, \$399. **6** *I Am Coyote: Readings For The Wild* by Jay Schoenberger, \$30. **7** Sunnlyfe Lantern in Blueprint, \$24.95. **8** Design Ideas Puzzle Map New York, \$49.95. **9** Izola Onward & Upward Water Bottle, \$55. **10** Cozi by Jennifer Hawkins @ Myer Bikini Top (part of a set), \$79.95. **11** State of Escape Bag in Grey, \$299.

- 1** Citizens of the World Artisan Fire in Dweller, \$65. **2** Crumpler Luggage Organiser, \$50. **3** Sunday Somewhere Laura Sunglasses, \$290. **4** Ancient Greek Sandals in Pony Splash, \$250. **5** Mighty Purse Original, \$109.95. **6** Mi Goals Notebook, \$19.95.



- 1** The Beach People Towel, \$99. **2** The Beach People Leather Strap, \$39. **3** Kelli Anderson Paris For Pleasure Seekers Map Guide, \$10. **4** Two Arms Inc Brooklyn Map Guide, \$10. **5** Get Me To New York Travel Wallet in Black, \$149. **6** The Aromatherapy Company Jetlag Pulse Point, \$14.95. **7** H&M Fedora, \$19.95. **8** Ray-Ban Sunglasses \$149.95.



- 1 Gridy Me Mirror**, \$200. **2 Tom Ford Lipstick in Cherry Lush**, \$68. **3 Bottega Veneta Knot Eau de Parfum 30ml**, \$115. **4 Elke Kramer Petite Hexing Bracelet**, \$240. **5 Tom Dixon Brass and Marble Scented Candles**, \$113. **6 Mimco x Friends Lunar Headphones in Petrol Blue**, \$299. **7 Cotton On Body Neopren Backpack**, \$25. **8 Missoni For Target Women's Overnight Cosmetics Bag**, \$30. **9 Kate: The Kate Moss Book** by Kate Moss, \$120. **10 H&M Fringed Clutch**, \$29.95.

The fashionista

She knows and likes her brands. Impress her without investment.



- 1 Garance Doré x Rifle Paper Leopard Notebooks**, \$18.95. **2 Miu Miu Glasses**, \$449. **3 Mimco Houdini Sandals in Black**, \$229. **4 Banded Opal Soap Rock**, \$25. **5 Samantha Wills Lapis Mineral Necklace**, \$159. **6 Elke Kramer Of Formality Earrings**, \$180. **7 Kikki.K Live Bright Bowls**, \$24.95 (for set of three). **8 The Horse Brushed Leather Watch**, \$129. **9 The Daily Edited Clutch**, \$69.95. **10 Aesop Resurrection Rinse-Free Hand Wash**, \$10. **11 Love Stories Audrey H Silky Shorts**, \$79.95. **12 Love Stories Miss Daisy Lace Bralette**, \$89.95. **13 The Daily Edited Card Holder**, \$49.95.



1 Kiosk Dartboard, \$80 and Widdy Darts, \$39. **3** *Read This If You Want To Take Great Photographs* by Henry Carroll, \$24.94. **4** *Four Pillars* Rare Dry Gin, \$70. **5** *Gents Hardware* Manicure Set, \$34.95. **6** *The Monocle Guide To Good Business*, \$99.49. **7** *Triumph & Disaster* Stash Box, \$159.95. **8** *Vanishing Elephant* Derby Brogues in Navy, \$240. **9** *Stanley* Combo Pack Vacuum Flask And Cooler, \$200.



1 Saturdays Surf NYC Bi-Fold Wallet, \$90. **2** The Aromatherapy Company Therapy Man Travel Gift Set, \$24.95. **3** *Gents Hardware* Wash Bag, \$59.95. **4** *Baxter of California* Large Comb, \$29.

The dude

From tradie to hipster, here's one for the boys.



1 *Vanishing Elephant* Draw Cord Shorts in Orange Floral, \$90. **2** *Ray-Ban* Foldable Clubmaster Sunglasses, \$249.95. **3** *Gents Hardware* Wash Bag, \$50. **4** *H&M* Polka Dot Print T-Shirt, \$19.95. **5** *ICON brand* Condor Cap, \$39.95. **6** *99 Degrees* The Reaper Skateboard Deck in Natural Stain, \$79.99. **7** *Spring Court* Silky White High-tops, \$230. **8** *Richer Poorer* Starter Socks, \$15.



The homewares lover

Maybe they've moved into a new place or they love being surrounded by pretty items.

- 1** HK Living Rose Gold Hanging Light, \$130. **2** Hunting For George Lola Clock, \$179. **3** Pony Rider Dark Mountain Wall Dot, \$79. **4** Arro Home Sketchbook Throw, \$79. **5** Lonely Hearts Rouleau Strap Teddy Playsuit, \$161. **6** Matt Blatt Replica Eames DSW Side Chair Acrylic, \$125. **7** Pony Rider Starry Night Cushion in Peach, \$89. **8** Page Thirty Three Compact Oil Burner, \$119.95. **9** Beacon Lighting Liam 1 Light Table Lamp in Ash, \$149. **10** Areaware Turtle Box In Chrome, \$99. **11** Marmoset Found Ceramics Cloud Plate Series, Small, \$25, and Large, \$55. **12** Caroline Z Hurley Pick Up Sticks Linen Throw, \$175. **13** Home-Work Single Doona Cover in Bam Bam, \$99. **14** Zakkia Triangle Basket Pink Round, \$39. **15** The Hall Hanging Planter, \$19.95. **16** Brooke Thorn Ceramics Vase in Pink, \$120. **17** Typo Vase, \$24.95. **18** Zakkia Concrete Diamond Large, \$19. **19** This Is Dali By Catherine Ingram and Andrew Rae, \$19.95. **20** Holiday At Home by Jason Grant, \$45.



The cook

Whether they're into cooking or more into the eating side of things, gift one of these foodie treats.

1 The Aromatherapy Company Therapy Kitchen Chef's Gift Set, \$34.95. **2** Daydreamer by The Seventh Duchess Tea in Bora Bora and Barbados, \$16.95. **3** Mayasunnyhoney in Macadamia Crunch, \$19.95. **4** Seletti Vegetable Chopping Board in Broccoli, \$120. **5** Have You Met Miss Jones Pineapple Box, \$48. **6** Kikki.K Glass Water Bottle w Cup Quote: Live Bright, \$24.95. **7** AJ Porcelain Plate in M, \$49. **8** Swedish Dream Sea Salt Candle, \$24. **9** Cotton On Foundation Manny Trading Co. Coffee, \$9.95. **10** AJ Porcelain Cup in A, \$34. **11** Plenty More by Yotam Ottolenghi, \$49.99. **12** Uashmama Metallic Bag Silver/ White, \$12. **13** Mae Engelgeer Teatowel n Pink, \$28. **14** Venice Cult Recipes Edited by Laura Zavan, \$49.95. **15** Pass It Down And Keep Baking Cookbook by Laura Jean And Beth Elle, \$35.



We all have that one friend: an obsessive, compulsive chocaholic. Spoil them with something extra special (and deliciously decadent) by giving them a choc-filled box of treats. **Pamper Hamper Gifts** The Max Brenner Indulgence Hamper, \$129. Get fruity with a **Tefal** ZC500 Infiny Cold Press Juicer, \$299, or harvest cider with the **Brew Smith** Simple Cider Kit, \$55.



The techie, gadget lover

For anyone who considered lining up for hours to get the iPhone 6.



1 GoPro HD Hero 4 Action Silver Edition, \$549, and Tripod, \$119. **2** Native Union Switch Special Black Copper Portable Speaker, \$249. **3** Apple iPhone 6, \$869. **4** Addition Design Phone Rest, \$32.95. **5** Jawbone UP24, \$149. **6** Crosley CR6020A-BL Revolution USB Turntable Blue, \$99.95. **7** Addition Design Hang Hook, \$29.95. **8** Marc by Marc Jacobs Adults Tablet Case in Blue, \$130. **9** Urbanears Humlan Headphones in Mulberry, \$80. **10** Zero Gravity Besties iPhone 5/5S Cover, \$29.95. **11** OutKast Southernplayalisticadillacmuzik vinyl, \$29.95. **12** Marshall Woburn Speaker, \$799.

ALL WRAPPED UP

Make a last-minute gift-wrapping showstopper in a supermarket dash. These crafty coverings will give the gifts inside a run for their money!



WINE TIMES

The tools: Some tissue paper, twine, a small bunch of pretty blooms.

To make: First, roll the tissue paper around the middle of the bottle and secure with tape. Then, take a couple of cut flowers and secure them to the neck of the bottle with twine.



SCHOOL COOL

The tools: Rubber bands, notepaper.

To make: Wrap the box with chosen notepaper. Then, depending on how much effort you want to put in, follow what we've done here with the elastics. Print a small gift tag and slip it between the rubber bands.



KEEPSAKES

The tools: Bright craft paper, baking paper, thin ribbon.

To make: Measure a square with four triangles coming off each corner. Fold the three corners in to make an envelope (use double-sided tape to hold). Fasten at the top with a ribbon bow.

NEW YEAR'S EVE cocktail party

Play the sexy hostess who actually has fun at her own bash with this DIY martini station. Hello, 2015!

Setting up your soirée

Make this New Year's Eve a night to remember by organising a super-fun martini station so your guests can mix their own drinks as they mingle.

First, pour each of the recipe's ingredients list into glass carafes and jars. Place a measuring cup, a bucket of ice, cocktail shakers and a strainer on a table. Next, set up a garnishing section with fruit and herbs or, to add some sparkle to your evening, have a bit of fun with edible glitter. Then arrange the drinks station from left to right, starting with pre-mixed cocktails, the ice and shakers, and top it off with the garnishes. For a martini, ask guests to pour a cup of their chosen mix into a shaker with ice and shake the night away!

Martini glass, \$44.95 (for set of four), Vue @ Myer.

Classic martini (makes 5)

Make like a professional mixologist and whip up this sophisticated, yet simple, concoction. And always remember that this boozy delight is shaken, not stirred.

You'll need:

- 250ml dry gin
- 5 tsp dry vermouth
- 5 green pitted olives (to garnish)

TIP: For a twist on the classic gin martini, add a carafe infused with juniper berries and one of vodka with rosemary.



Left to right:
the classic
martini with
juniper berries,
the Lillet Rosé
martini and the
apple martini.

Lillet Rosé martini (makes 6)

For a special toast-worthy tippie, commit this fruity celebration sip to memory.

You'll need:

- 355ml Lillet Rosé
- 355ml ruby red grapefruit juice
- 175ml gin

TIP: Lillet Rosé is a fortified-wine blend of sauvignon blanc and muscatel. It is available to buy online at nicks.com.au.

Apple martini (makes 5)

Looking for a drink with more kick? Trust us, this zesty tippie will hit just the right spot.

You'll need:

- 390ml fresh apple juice (approximately three small granny smith apples per serve) or store-bought cloudy apple juice
- 225ml vodka
- A good dash of sugar syrup
- Apple peel, to garnish



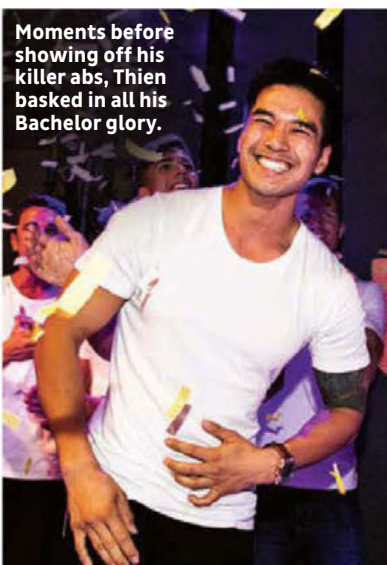
Boys, boys, boys

With more than 500 guys nominated and 300,000 votes placed online, this year's CLEO Most Eligible Bachelors was bigger and better than ever... and the party was no exception!

What do you get when you combine 30 of Australia's most eligible bachelors, one of Melbourne's hottest new nightspots, celebrity DJs and a gaggle of single girls? The CLEO Bachelor of the Year party, of course! On an unusually warm Melbourne evening, 350-plus guests descended on the brand-new St. Hotel in St Kilda, all anxious to hear who had won the CLEO Bachelor of the Year crown for 2014. Channel [V]'s Danny Clayton got the big bash off to a fine start before fellow VJ Carissa Walford and CLEO's editor-in-chief Lucy Cousins took to the stage to make the announcement to the crowd. And this year's CLEO Bachelor is... Thien Nguyen!

After the 28-year-old personal trainer from Sydney had been presented with his very impressive novelty cheque, the Bondi Hipsters, Dom and Adrian, hit the decks as their alter egos DJ Enzyme and DJ Oedipus, with an awesome set that included tracks by Iggy Azalea and, err, John Farnham. And then when the boys from Bondi finished up, Danny Clayton returned to the DJ booth to keep the party vibes pumping, as guests munched on canapés and sipped Heineken beer, Vodka Cruisers, and Jacob's Creek Sparkling Lightly and Twin Pickings wine.

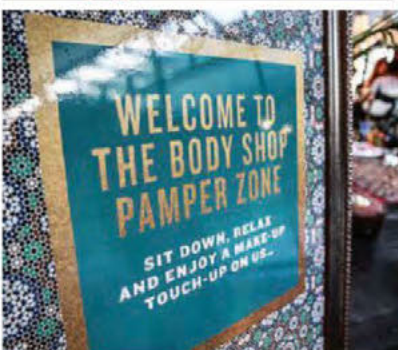
Once everyone was completely partied out, it was back to the Adina Apartment Hotel St Kilda for a little after-party. So what's the only thing left to do? Start the hunt for CLEO Bachelor of the Year 2015...



Moments before showing off his killer abs, Thien basked in all his Bachelor glory.



The Bachelors love Renault about as much as we do!





There wasn't an empty glass in the house, with bottles of Jacob's Creek Sparkling Lightly and Twin Pickings vino flowing throughout the night.



DJ Danny was in charge of the tunes.

CLEO Bachelor party



L-R: Host Carissa Walford, CLEO editor-in-chief Lucy Cousins and DJ Danny Clayton.



L-R: Madison Ancrum, Channel 10's Bachelorettes Zoe O'Brien and Samantha Frost, and Big Brother 2013's Tully Smyth.

PARTY PLAYLIST

Channel [V]'s Danny Clayton shares his favourite tunes.

1. "The Life Organic" Bondi Hipsters
2. "Lights On (Rex Riot Ouros remix)" FKA Twigs
3. "Riptide (FlicFlac remix)" Vance Joy
4. "Netzwerk" Klangkarussell
5. "Dreams (Gigamesh edit)" Fleetwood Mac



The CLEO Bachelor class of 2014 looking suave in their General Pants Co. threads.



The Bondi Hipsters as DJ Oedipus and DJ Enzyme.



Bachelors model Tommy McKeown and Sydney Swans player Tom Derickx.



INTRODUCING... THE CLIO FIZZ

This specially made cocktail was the tippie of choice on the night, named after the sexy red Renault Clio on show outside the venue. But while the exact recipe was kept a secret, you can create your own version of this summery sip by combining gin, lemon juice, sugar syrup, kaffir lime and lemongrass, topped with soda.



Everyone grouped together to hear who'd won, before heading upstairs to play beer pong with the Bachelors!

LIFE'S A (DIFFERENT) BEACH

Don't waste your time on well-trodden shores, try these secret beaches on for size.

Instead of Koh Samui, Thailand, try... *El Nido, Palawan*

An archipelago of exotic islands, Palawan in the Philippines hosts gorgeous beaches. Our pick is El Nido. Yes, it ticks off powdery sand and glassy waters, but its biggest selling point is the overarching views of limestone formations, marble cliffs, cascading waterfalls and array of exotic wildlife. Pure bliss.

We've all had our newsfeeds flooded with your friends posting photos from exotic locations like Croatia, Greece and Thailand. And yep, the pics look incredible. But are you in search of some shores that still have that untouched vibe? We'd rather chill out on a beach where we don't have to wake up at 5am just to claim our own territory on the sand. So we've scoured the globe for amazing beaches that you'll want to add to your bucket list and all the places where you can truly disconnect from the world (except to post your photos on Insta, obviously).



Instead of Granada, Spain, try... *Praia da Marinha, Lagos*

Just a short drive from Lagos, Portugal, this idyllic beach is definitely one worthy of a social media brag. With rocky outcrops and never-ending shades of blue water, Marinha beach is the type of place that postcards are really made of. If you're a water baby, give snorkelling a try.



Instead of Byron Bay, NSW, try... *Putty Beach, NSW*

Some of the best beaches lie on our very own doorstep – it's why international travellers flock here. With sandstone cliffs, coastal walks, rock pools and camp grounds, make the most of the great outdoors and book a weekend trip here right now. Now how's that for serenity?



Instead of Bells Beach, Vic, try... *Fairy Cove, Vic*

If you love secluded beaches, why not travel to secluded Fairy Cove? It is only accessible by foot from the Darby River in the Tongue Point region of Victoria. After your walk in the chilly waters, which are surrounded by granite boulders, enjoy the beach to yourself.



Instead of Wineglass Bay, Tasmania, try... *Binalong Bay, Tasmania*

Two and a half hours from Launceston, this tiny coastal town is the gateway to the Bay of Fires. Make the most of your time at the seaside and stay in one of the cute beachside shacks. With stunning panoramic views, add this to your list of go-to spots for summer.



Instead of Kuta, Bali, try... *Long Set beach, Koh Rong*

In a teeny island off Sihanoukville, Cambodia, sits the picturesque destination that is Koh Rong. The area is still mostly untouched with limited electricity, zero ATMs and barely-there running water. Wi-fi? Forget about it. Make your way to Long Set beach where you will be seriously convinced you've stumbled across a piece of heaven.



Instead of the Amalfi Coast, Italy, try... *Cala Luna, Sardinia*

Madonna's 2002 bomb of a film *Swept Away* was filmed here – but don't let that put you off. Cala Luna, Italy, is a crescent-shaped beach with pure white sand, backed by limestone cliff faces and caves with pink flowers that line the dunes. The only thing missing is a shirtless Leonardo DiCaprio.



Instead of Waikiki, Hawaii, try... *Ningaloo Reef, WA*

Home to whale sharks, humpback whales and endangered turtles, this World Heritage Site looks like it's come straight out of a David Attenborough documentary. The underwater playground is one of the rare places where you walk straight off the beach onto the coral reef.

Instead of the Maldives, try... *Agatti Island, Lakshadweep*

Add this to your bucket list to truly switch off from the rest of the world. The golden grains of sand are fringed by lush, green palm trees. The Indian island is so remote, you'll probably feel like Tom Hanks in *Cast Away*. Although you'll hopefully have better company than Wilson. 🐼





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HOROSCOPES

Sagittarius Nov 23 – Dec 21

Your birthday month coincides with the start of an important new cycle that will last six months. It's about you becoming a serious power player in whatever field you've chosen for yourself, just like Rita Ora in the music biz. Play your cards right between now and June, and you'll see people giving you more credit than usual.

On the downside, with Saturn moving into your sign you mustn't be allowed to take life too seriously. Make a note to maintain your amazing sense of humour and enjoy what you have. ***December 4**

End-of-year picks for the fiery signs

WEAR:

The bold
Rimmel
London Salon
Pro Lycra in
Happily Evie
After, \$8.95.



BUY:

Jot down
all your
life goals.
Notebook,
\$19.95,
Outliving.



TRY:

Make like
gorgeous
Sagittarian
Kaley Cuoco
and try some
horse riding.



All of December's cosmic happenings, according to astrologer **Yasmin Boland**.

Cancer Jun 23 – Jul 23

Forces are at work here, pushing you to change some things in life without even realising it. But hey, just go with it. The less you fear it, the better it's going to be.

Change: It might be scary but it's well and truly in your chart right now to mix things up a bit, so you should embrace it. Otherwise you're just fighting the inevitable. Bring it on. ***December 20**

Leo Jul 24 – Aug 23

If life at home with your parents or flatmate(s) has been a bit of a nightmare for the past few months, listen up: for December, and for at least the coming six months, it's going to get a lot easier.

Friends: Now is a good time to clear the air on what's been bothering you with the people who matter and start again. Just do it nice and gently. ***December 14**

Virgo Aug 24 – Sep 23

If your life is not feeling as romantic as you'd really like, the skies strongly suggest doing something about it ASAP because right now, you're actually one of the best signs of the zodiac to partner up with.

Romance: You are modest, you love to help out and despite your often chaste exterior, you often have a seriously kinky side. Watch out, boys. ***December 12**

Libra Sep 24 – Oct 23

It's definitely going to feel like Christmas for you this month, Libra, because your stars are really shining. So even if your work, home and personal life is a bit of a minefield or some people around you are acting a little irrational, you're in for a pretty great December. Let it begin.

Sex: Make the most of the festive season and be merry. ***December 20**

Scorpio Oct 24 – Nov 22

This month, the planet of hard work and the endless grind (aka Saturn) leaves your sign for six months. Well, hallelujah! This means an extended period of relaxation and an ease on the hard slog you've been putting in, so prepare to have some fun. And you remember how to do that, right?

Career: Try to steer well clear from your workaholic mode. ***December 24**

Capricorn Dec 22 – Jan 20

The New Moon is in your sign this month, meaning it's that time of the year when you get a chance to start over. Be sure to make some great new year's resolutions.

Strategy: You are always a force to be reckoned with, but even more so when you're armed with intentions. Then you become unbeatable. So make plans to be the best version of you. ***December 11**

Aries Mar 21 – Apr 20

Think about your studies or your career, even if you're going on holidays. As 2014 ends, you have great stars for working out what you want to achieve in the new year. Everyone is better focused with a strategy, and even more so for Aries.

Business: The ideas you are hatching out could make you very successful in 2015. Write them down. ***December 21**

Aquarius Jan 21 – Feb 19

If you can, take some time out this month for a little 'me time'. You are nearing the end of a long and gruelling year of hard work and you so deserve a decent break.

Relax: Even if the year has been a lot of fun too, chances are you have had your nose to the grindstone with one project or another. Now is the time to lie low, re-energise and drink wine. ***December 6**

Taurus Apr 21 – May 21

The best news for you this month is that your love life is about to get a lot easier. The past two years have taught you a lot, mainly through your most important relationships, romantic and otherwise.

Career: Now that this cycle is over, your personal and professional life will be way less demanding. This is the time to breathe a sigh of relief. ***December 20**

Pisces Feb 20 – Mar 20

The good news for you is that if you have had a rough time lately with your friends, this month gives you the chance to start all over again and fix any bad blood. 'Tis the season of goodwill after all, right?

Love: Do the right thing and extend an olive branch to anyone you've had a rough time with in 2014. Start a fresh year with positivity. ***December 12**

Gemini May 22 – Jun 22

December marks the start of a six-month cycle where you need to be on your toes regarding who you are letting get close to you. And if you choose wisely, you'll forge relationships that can last forever.

Friends: If you suspect someone in your circle could drag you down in the future, veer away from them and focus on the better people in your life. ***December 12**

The cleolist

All the things we're obsessed with this month.

1 Prepare to pout

You're all frocked up, ready for a fun night out with your friends – now all you have to do is polish off the look with the perfect pout. Enter Rimmel London's Provocalips (RRP: \$7.95). Yep, this is one dual beauty that will leave you with long-lasting lip colour in just two simple steps. First up, slick on the colour (it will glide on effortlessly). Then, keep your lips apart for 60 seconds before sealing it with the moisture of the clear top coat. This bright colour will stay locked in place for up to 16 hours and trust us, it feels as good as it looks. Your lips will be super smooth and moisturised all day long – just swipe this lightweight gloss on throughout the night for a burst of shine. What's not to love? For more info and to check out the eight Provocalips shades, click on au.rimmellondon.com.

2 A close shave

Gillette Venus is a worldwide leader in female shaving, and Olay is a global leader in skincare so this makes for the perfect match when it comes to healthier-looking skin. Now, enter the Gillette Venus & Olay razor. The superior hair removal and skincare technologies of Venus and Olay have been combined to ensure a close, smooth shave for beautiful skin. Available at all leading pharmacies and supermarkets, or call 1800 028 280 for stockist details. RRP: \$15.49. See gillettevenus.com.au.



3 Throw shade

Instantly refresh your summer look without burning a hole in your wallet by picking up a pair of these statement sunnies for only \$8 each. In pops of colour, these are a must-have for when the sun sizzles! See kmart.com.au.



4 Get glowin'

For all you jet-setting goddesses who need a tan that will last the distance, the Naked Tan Holiday Fling pack holds the answer. Yep, it's all about the prep, the tan and the maintenance – this great pack will make your holiday a pleasure by keeping you looking bronzed once your big trip is over. RRP: \$81. Plus, get 25 per cent off at the checkout using the coupon code 'MYCLEO'.





5 Glisten up

Want to whiten your teeth without any hassle? Simply switch your ordinary toothpaste with White Glo! White Glo toothpastes use special micro-polishing particles, which work to lighten discolourations and yellowing on tooth enamel to whiten teeth. White Glo Professional Choice is an Australian Dental Association approved product for its safety and efficacy. Look out for White Glo Professional Choice in a fresh vertical packaging design with brand new bonus X-Action toothbrush! Available from major supermarkets and pharmacies. RRP: \$4.99. See whiteglo.com.



6 Gaga's new scent-sation

Spritz like crazy with this season's hottest perfume: Eau de Gaga (\$49 for 50ml and \$69 for 75ml). Mother Monster has just released a new fragrance loaded up with woody notes and hints of white violet. Along with its delicious smell, the one thing which sets it apart is that this scent sprays clear and becomes invisible once airborne. Cue the applause! Available from Myer, Priceline and selected pharmacies. For stockists, call 1800 812 663.



8 The wheel deal

A Renault Clio feels like that moment you meet someone cute then discover they've got substance. The Clio certainly looks hot but it's also very spacious and economical – the perfect ride to cruise around in all summer long. Automatic models are available for less than \$22k. Click on renault.com.au/cliio for more.



the cleo clicks



DARE TO GLEAM

Check out [facebook.com/whiteglo](https://www.facebook.com/whiteglo) for the latest tips from White Glo's brand ambassador Megan Gale.



IT MAKES SCENTS

We expect nothing less than awesome from Ms Gaga and this perfume is exactly that. In our eyes – or noses – Eau de Gaga is bottled perfection. Learn more about it online at hauslaboratories.com/haus.



GIVE GOOD LIP

Shine brighter than the New Year's Eve fireworks with a party-perfect pout. Seriously, Rimmel London makes it easy. For lipstick tips and plenty of killer colours, see au.rimmellondon.com.



SUMMER READY

You've added those sunnies to the cart, but while you're at it, just check out Kmart's coolest hot-weather threads. Go to kmart.com.au now.

7 Cheers to that

The coolest drink this summer is Vodka Cruiser. So whether you're getting all glammed up to hit the town or heading to a house party, grab some of your friends, pump a few tunes and get ready with our favourite flavour – raspberry.



Lunching
with...

SAMANTHA ARMYTAGE



Phoebe Hooke and Samantha Armytage at Chiswick restaurant, Sydney.

Sunrise co-host Samantha Armytage sat down with CLEO's **Phoebe Hooke** to talk bullies and finding confidence.

SO, 2014 HAS BEEN A BIG YEAR FOR YOU! CO-HOSTING SUNRISE, FRONTING TV SHOW BRINGING SEXY BACK AND HAVING YOUR FIRST BOOK PUBLISHED. CAN YOU DESCRIBE THE YEAR IN ONLY THREE WORDS?

"Just three? It's been amazing — but that's a no-brainer — it's been challenging and busy."

WHAT'S THE BIGGEST LESSON YOU HAVE LEARNT? "I have really learnt what I'm capable of and by that I don't mean just at work, I mean inside myself and how strong I can be in the face of knocks and criticism. I've learnt to be far more resilient when dealing with things."

WHAT'S BEEN YOUR PROUDEST MOMENT THIS YEAR? "I'm proud of standing up about body image and body shaming. I'm glad I did that, it's been coming for a while. I sat down and saw the paper [a story written about Sam's off-duty style] and thought, 'Where do I fall in this?' Then I thought, 'No, I am going to rise above this. I try not to let all the white noise get to me because you will go mad and that's where insecurities creep in. There are a lot of girls who aren't comfortable with their bodies and it doesn't help anybody to criticise any woman for what she looks like.'"

THAT TAKES CONFIDENCE... WHERE DO YOU FIND YOURS? "I am not by nature a totally confident girl. I was a terribly shy child and a really insecure teenager. My confidence has slowly come to me and I've had to work at that. It comes with getting to know yourself and trusting yourself, which is easy to say but sometimes hard to do when you think about it."

HOW IMPORTANT ARE LOOKS IN TV?

"There are a lot of pretty girls who don't end up on TV and then a lot of us on TV aren't models, but I think it's more than just looks, particularly on a job like *Sunrise*, because it's more about personality. I'm living proof! They can style you to look the part but you have to bring your own stuff to the table and that's personality, a sense of humour and resilience."

ARE YOU ALWAYS RESILIENT AT WORK?

"I love my job but I have my moments where I get upset and am quite sensitive to criticism. Sometimes because you have to be tough and I am — I can stand up to the bullies and fight for myself, but then I have my moments where I cry. Then I really pull myself together and just move on... but I don't want to lose that. I'd be sad if I lost my vulnerability."

WHEN DID YOU DECIDE TO LOVE YOUR BODY?

"It's taken me a long time. I went to boarding school and put on lots of weight. I come from a long line of women who have battled with their weight — it's part of my DNA. In public life, it all of a sudden started to scream at me, that this was my body. It's taken me 30 years to realise as long as I'm happy, I don't need to listen to all the outside commentary."

WHAT ARE YOU GOING TO CHANGE IN 2015?

"I'm aiming to have a little bit more balance. This year has been crazy and wonderful with opportunities and jobs but I kind of want my weekends back, to catch up with friends, watch the footy or go to Mum and Dad's property in Wagga." 📷



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